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Your essential daily news | WEDNESDAY, APRIL 29, 2015

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Finger lickin' festival

George Kefalidis, owner of Crabby's BBQ Shack, shows off some of his full racks of ribs during a preview for the Halifax Ribfest on the waterfront on Tuesday. See [metroNEWS](#). JEFF HARPER/METRO

City budget draws dissent

CITY HALL

Final product includes \$25M spending bump



Ruth Davenport
Metro | Halifax

Halifax regional councillors spent several hours talking up the pros of the latest municipal budget, but there were enough cons to make five of them vote against final ratification.

Council's committee of the whole approved the 2015-16 budget Tuesday, praising the fiscal plan for an emphasis on restraint and declining cost of debt.

"Overall, we have a well-managed, financially, city," said Mayor Mike Savage during the four-hour long session. "Our debt is going down ... and I think we've held the line on discretionary spending pretty effectively."

The \$869 million operating and \$135.8 million capital budgets include an increase in spending of 2.9 per cent, or \$25 million. Tax bills will rise by 3.2 per cent for residents and 2.3 per cent for business.

That was enough for Coun. Tim Outhit to vote against the plan, saying council had asked for tax bills to increase by no more than 1.8 per cent, or the cost of inflation.

"This is working out to 3.2 per cent and doesn't include any additional money for snow removal," said Outhit. "I think one of the few things people could have supported was an increase in taxes for better snow removal."

City staff said the increase to tax bills was based on inflation, but another penny was added to create a new \$4.2 million fund to cover the cost of future major

projects, and another 0.1 cents was added to generate \$330,000 for hiring and equipping seven new firefighters.

The new capital projects fund raised some objections and was one of the reasons councillors

Barry Dalrymple and Linda Mosher voted against the budget.

But others called it a prudent investment that would allow future spending on major projects like a performing arts centre or new fire training facility.

"The reserve ... is absolutely essential so that we can move forward with these projects that have been delayed five, 10 and 15 years like the four-pad coming to Dartmouth or the Sportsplex renovations," said Coun. Wayne Mason.

\$57

The amount by which the average residential tax bill will increase in 2015-16.

+ MORE BUDGET COVERAGE, PAGE 6



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CAMPAIGNS

King's College hiree tackles tough issues

A university campus in Halifax is hiring an assistant to create more campaigns around sexual violence and substance abuse to better educate its first-year students.

Nicholas Hatt, dean of students at the University of King's College, said every summer, the residence office hires a student assistant to help with the processing of applications.

But this year, he said, it was decided that for the first time the candidate would also work on developing a new set of program series and marketing campaigns to better educate incoming students on the issues of consent and sexual violence, as well as the risks of drug addiction and alcohol abuse.

"This will involve reviewing current literature, programs

and best practice documents, and developing and organizing an implementation plan," the posting reads.

Hatt said the reason for the new programming is "pretty obvious," explaining these issues are by no means new, but have been mounting on campuses across the country in recent years.

Creating prevention strategies for first-year students is especially important, he says, given that the transition between high school and university can be overwhelming.

Hatt explained the new programming will include information for parents on how to talk to their children about topics like consent and drinking before moving into residence.

STEPHANIE TAYLOR/METRO



University of King's College in Halifax is hiring an assistant to create more campaigns around sexual violence.

STEPHANIE TAYLOR/METRO

INVESTIGATION

Another young girl approached by man

For the second time in as many days, police in Halifax are investigating a case of a man approaching a young girl in the city while she was on her way to school.

Just before 8 a.m. Tuesday, police say, a nine-year-old girl was walking to catch her school bus on Greystone Drive by Orange Walk in Halifax when a man in a car pulled up next to her.

Halifax Regional Police say the man rolled down his passenger side window and offered to drive her to school.

"Obviously it's startling when we hear that an adult approached a young girl for really no apparent reason," police spokesman Const. Pierre Bourdages said Tuesday.

The girl declined, ran away

and immediately reported the incident to an adult, police say.

The man is described only as a black man in his 20s who was driving a small black car.

On Monday, Halifax police said another young girl turned down a stranger on Castle Hill Drive in Dartmouth; he offered her \$100 to get in his car and let him drive her to school.

The 11-year-old was walking around 8:40 a.m. on her way to École Grosvenor Wentworth Park School when the man pulled up beside her and rolled down the passenger side window.

The suspect in that case is described only as a white man in his 40s with short brown hair who was smoking a cigarette.

HALEY RYAN/METRO



Dr. Todd Howlett, right, gives a tour of a model of a team centre at the Dartmouth General Hospital on Tuesday morning.

JEFF HARPER/METRO

Dartmouth General gets \$6M upgrade

RENOVATION

Work to begin this week on third, fourth floors



Haley Ryan
Metro | Halifax

A buzz of activity will begin this week at the Dartmouth General Hospital as renovations to the third and fourth floors finally get underway.

Nearly a year after the province announced \$4.5 million in support for the \$6-million project, Health and Wellness Minister Leo Glavine announced on Tuesday that work would begin Thursday to upgrade bathrooms, put in new equipment rooms, and begin plumbing work for

the future expansion of the fifth floor.

"The confined spaces were obviously problematic," Glavine said about the former structure of the third and fourth floors, which were built as part of the original hospital in 1977.

The remaining \$1.5 million comes from community fundraising, and Nova Scotia Health Authority CEO Janet Knox said PCL Constructors Canada has been awarded the tender.

Knox said the hospital was built to high standards in the 1970s, but care has evolved a great deal since then and

until now staff have had to "make the best of a less-than-perfect environment."

According to the province, patients and staff will especially notice improvements to bathrooms including wider doorways, pull-down seats in showers and grip bars for stability.

The fifth floor was added in

+ UPDATES

Improvements to be phased in over the next two years at the Dartmouth General Hospital include:

- Patient rooms and bathrooms to accommodate people with wheelchairs, walkers;
- New handwashing sinks

- in hallways;
- Rooms where medical equipment can be safely cleaned and sterilized, to improve infection control;
- Team stations;
- Plumbing and electrical work on the fifth floor, which will eventually house 50 beds.

the 1990s but has remained unused ever since and now sits as a bare, open space — used Tuesday to park extra hospital beds.

Dr. Todd Howlett, chief of medical staff at Dartmouth General, showed media a mock-up of a future team centre that will eventually go into the fifth floor. The team stations will be a place where doctors and nurses can discuss every patient's needs and electronically access records.

"This will improve care at the Dartmouth General and we're very excited about it,"

Howlett said.

About 50 beds will be added to the fifth floor, Howlett said, and the Dartmouth General is hoping to continue its success in orthopedics and become a centre of excellence in the area that medical professionals across the country would look to.

Construction is expected to run until late 2016 or early 2017, and Glavine said an announcement on the timeline to begin renovations to the fifth floor is expected halfway through the first stage of the project.

ECOLOGY ACTION CENTRE

Biking to a new home

The Ecology Action Centre will be moving locations this week and is taking the opportunity to teach people a thing or two about sustainable transportation along the way.

Emma Norton, a volunteer at the centre, said Tuesday that the organization has outgrown its current office on Fern Lane, citing an increase in the number of staff and volunteers over the past few years.

Rather than changing locations entirely, she said, staff decided to make the centre an example of "green renovations" by refitting the office to make room for the extra bodies.

During the next six months of renovations, however, they will be temporarily housed in an office on Brunswick Street.

While most of the move will be made by truck on Thursday, as much as possible will be transported over via bicycle, pedalled by volunteers using bike trailers in the evening.

"We just wanted to take the opportunity to showcase that we don't need to move everything that can't fit in a backpack in a car," she said on Tuesday. STEPHANIE TAYLOR/METRO



The Ecology Action Centre is trying to keep its move green.

COURTESY ECOLOGY ACTION CENTRE

Second class-action suit filed over airport crash

FLIGHT 624

Lawsuit claims crew should have known to abort landing

Another class-action lawsuit has been filed on behalf of passengers involved in a plane crash at Halifax's airport last month, seeking damages for alleged physical and psychological injuries.

The statement of claim filed

Tuesday is the second to be filed with the Nova Scotia Supreme Court since Air Canada Flight 624 hit the ground short of the runway on March 29.

The latest lawsuit makes a number of claims, including that Air Canada did not adequately train the flight crew on procedures for the Airbus A320 and that the crew chose not to abort the landing when they knew or ought to have known that a safe touchdown was impaired or prevented by the weather conditions at the time.

The suit says lead plaintiffs Kathleen Carroll-Byrne, Asher Hodara and Malanga Georges Liboy are seeking damages alleging pain and suffering, loss of past and future income and past and future costs of care, among other claims.

It says Hodara sustained serious physical injuries as a result of the crash, including a mild traumatic brain injury.

"He also sustained psychological injuries ... including anxiety, loss of concentration and profound psychological distress," says the claim filed

by Halifax law firm Wagners and Vancouver-based Camp, Fiorante, Matthews and Moger-man.

The suit names Air Canada, Airbus SAS, NAV Canada, the Halifax International Airport Authority, the Attorney General of Canada and an unnamed captain and first officer as defendants.

Air Canada, the Halifax International Airport Authority and NAV Canada all said they could not comment as the matter is before the courts.

THE CANADIAN PRESS

+ BACKGROUND

The aircraft was flying in from Toronto when it hit an antenna array, slammed into the ground about 335 metres short of the runway and then skidded for another 335 metres before stopping.

All 133 passengers and five crew on board survived, although about two dozen people were sent to hospital.



Airport firefighters work at the crash site of Air Canada AC624 at Stanfield International Airport in Halifax on March 30. ANDREW VAUGHAN/THE CANADIAN PRESS

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Pair to be sentenced in Saunders murder

TRIAL

Judge says victim impact statements are expected



Haley Ryan
Metro | Halifax

The Loretta Saunders case comes to a close Wednesday as two people who pleaded guilty to causing her death will be sentenced in court.

Blake Leggette pleaded guilty last week to first-degree murder in Saunders' death. Victoria Henneberry pleaded guilty to second-degree murder; she had been charged with first-degree.

They are set to return to Nova Scotia Supreme Court Wednesday morning for a sentencing hearing in front of Justice Josh Arnold.

Last week, Arnold said he expects to hear statements from both Crown and defence, as well as victim impact statements from members of Saunders' family.

Delilah Terriak, Loretta's sister, said she will likely be reading her own victim impact statement, but was not sure whether her mother Miriam would do the same.

Saunders, a 26-year-old Inuk woman from Labrador and Saint Mary's University student, was found dead off a New Brunswick highway after a two-week search last February.

The agreed statement of facts indicates Leggette killed Saunders in the Cowie Hill apartment he and Henneberry were subletting from her, before the pair put her body in her car and drove to Ontario.

Both guilty pleas carry an automatic sentence of life in prison. Leggette will not be eligible for parole for 25 years, while Henneberry's eligibility ranges from 10 to 25 years.



Loretta Saunders was killed last February. FACEBOOK

Crown prosecutor Christine Driscoll said last week she expects a joint recommendation between the Crown and

defence on Henneberry's sentence to go before the judge, but would not say what it would entail.

CRIME

2012 murder added to rewards program

Three years after Kevin Sean Farren was found dead in a Dartmouth home, the province has added his murder to the Rewards for Major Unsolved Crimes Program.

On Tuesday, Halifax Regional Police and the Department of Justice added the homicide to the list in the hopes of receiving more information around the 62-year-old's death.

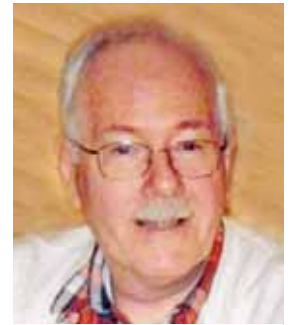
"We need the public's help to bring this case to a close. His family deserves answers," Justice Minister Lena Metlege Diab said in a release.

"If anyone has information about Kevin's death, no matter how small it may seem, I urge them to come forward."

On March 9, 2012, Halifax police responded to a break-in in progress on Havenbrook Hill in Dartmouth.

When officers arrived, they found Farren dead inside the home.

"One of the main obstacles we face in unsolved homicides is a lack of co-operation from people who know what happened," said Supt. Jim Perrin, officer-in-charge of the Inte-



Kevin Sean Farren HANDOUT

grated Criminal Investigation Division.

Police say they believe there are still people who have information that could result in an arrest and possible charges in Farren's murder.

Anyone with information should call the Rewards for Major Unsolved Crimes Program at 1-888-710-9090.

Those who share information leading to the conviction of those responsible for Farren's death could receive up to \$150,000 as part of the program.

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'Hard to imagine' a worse death

HARLEY LAWRENCE CASE

Judge hands down life sentences for 'horrible' act

Two Nova Scotia men have been sentenced to life in prison for murder after they set a man on fire as he slept inside a bus shelter.

A judge ordered Daniel Wayne Surette, 27, to serve 20 years in prison before becoming eligible for parole, while Kyle David James Fredericks, 26, will be able to apply for parole after serving 18 years.

The two pleaded guilty in February to second-degree murder in the 2013 death of Harley Lawrence, a 62-year-old man who was homeless. They faced automatic life sentences but their

parole eligibility periods had to be determined.

"It's hard to imagine a more horrible death," Judge Gregory Warner told the Nova Scotia Supreme Court in Kentville on Tuesday.

"It's hard to imagine somebody so animalistic they would pour gas over somebody and watch it."

According to an agreed statement of facts, Surette bought \$10 worth of gasoline while Fredericks pumped it into a plastic jug on Oct. 23, 2013, in Berwick, a community about

120 kilometres northwest of Halifax.

Surette later told an undercover police officer that he and Fredericks thought Lawrence was a police informant watching them deal drugs, the document says.

"It is clear that the pair had a prior animus against Harley Lawrence and thought him a 'rat' who



It was a tragic loss for me and my family and I will be dealing with this for the rest of my life.

Ron Lawrence,
Harley's brother.



Daniel Wayne Surette, left, and Kyle David James Fredericks arrive at Kentville Provincial Court in February. THE CANADIAN PRESS PHOTOS

could inform on them to the police; or perhaps that he was even a police officer," the statement of facts says.

"The pair saw Lawrence sleeping in the bus shelter and made the determination to set

him on fire."

Surette poured the gas on Lawrence and either he or Fredericks had set him on fire with a lighter, the document says.

Warner said the fact that Lawrence was homeless made

the crime worse.

"The least among us are entitled to the same protection as the best," he said.

Victim impact statements were submitted to the court, including one from Ron Law-

rence, Harley's brother, who said he was in disbelief when he had heard how his brother died.

"It has changed my life forever and cannot be undone," Lawrence said.

Crown lawyer James Fyfe read a victim impact statement on behalf of Bob Lawrence, another brother of Harley's.

"Harley was homeless, but still was a human being ... and did not deserve this," Fyfe said.

In his decision, Warner adopted a joint sentencing recommendation from both the Crown and defence.

Fyfe said an aggravating factor in Surette's case was that he doused Lawrence with the gas and has a history of antisocial behaviour and criminal violence.

However, Fyfe pointed out that both men pleaded guilty, thereby avoiding a lengthy trial, and each wrote letters of apology to Lawrence's family.

Surette told the court he realizes his actions were harmful and he hopes his sentence brings closure to Lawrence's family. Fredericks declined comment. THE CANADIAN PRESS

+ TIMELINE IN CASE OF HARLEY LAWRENCE

Sequence of events

Here is a timeline in the murder case of Harley Lawrence, a 62-year-old homeless man who died after two men set him on fire in Berwick.

Oct. 23, 2013

Between 1:45 a.m. and 2 a.m., after a night of drinking and drugs, Daniel Wayne Surette and Kyle David James Fredericks buy \$10 worth of gasoline and pump it into a plastic jug. Surette douses Lawrence with the gas as he sleeps inside a bus shelter. Either Surette or Fredericks set him on fire with a cigarette lighter.

Oct. 24, 2013

Autopsy conducted on Lawrence. It concludes that his cause of death was from thermal and inhalation injury, indicating he died as a direct result of the fire.

Dec. 2013 - Feb. 2014

A plaid jacket found under a bush is sent to an RCMP forensic lab for analysis. It confirms that biological material found on the jacket matches a DNA sample belonging to Surette. It also finds that the front of the jacket had

damage consistent with being exposed to a heat source.

April 24 - 25, 2014

Surette and Fredericks are charged with first-degree murder following a Mr. Big sting, an undercover operation where police pose as gangsters. During the sting, Surette told undercover officers that they thought Lawrence was a "rat" who was watching them deal drugs because he had arrived in town out

of nowhere and people had seen him with a cellphone.

Feb. 23, 2015

Surette and Fredericks plead guilty to second-degree murder.

April 28, 2015

Surette is sentenced to life in prison with no parole eligibility for 20 years. Fredericks is given a life sentence with parole eligibility set at 18 years.

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CAO not willing to dig deep to pad snow removal budget

CITY HALL

Councillors raise alarm over minimal funding hike



Ruth Davenport
Metro | Halifax

Despite going over the budget every year for the last six years, Halifax's CAO says the city is taking the right approach to allocating funds for snow removal.

Concerns about winter works was a recurring theme at city hall on Tuesday as regional council's committee of the whole debated the fine print of the 2015-16 budget.

Although the city spent \$10 million more than budgeted for snow removal over the winter, the next fiscal plan includes only a small increase of \$1.7 million for the service — prompting incredulous response from several councillors.

"I'm struggling with why we would continually under-budget," Coun. Steve Craig told CAO Richard Butts.

Craig noted that the city has exceeded its snow removal budget by an average \$6 million annually for the last six years in a row.

"Please help me understand.



A sidewalk snowplow makes its way along Robie Street as people wait for a bus this past February. JEFF HARPER/METRO FILE

I really, truly, sincerely do not understand ... why one would continually underestimate, based on past history," he said.

Butts told the committee the snow budget has increased by 30 per cent in the last three years, and added that the winter works program is about to undergo an external review to examine processes and how money is being used.

He said decisions on future budgets should be based on the data that emerges from



Please help me understand. I really, truly, sincerely do not understand ... why one would continually underestimate, based on past history.

Coun. Steve Craig

that review rather than being driven by the frustration resulting from a winter of record-breaking snowfall.

"I would caution councillors that if we budget on a worst-

case scenario is really a bit challenging."

But councillors disagreed with that approach, saying it will be difficult to add a few million dollars to the budget after the review is completed, some time in June.

"We can't find \$330,000 for fire without putting a 0.1 increase on the taxes, but we can suddenly find several million in snow removal?" said Coun. Tim Outhit. "I'm alarmed that ... we are not budget-

ing for any improvement to snow removal."

Coun. Linda Mosher said the harsh winter may not have been an anomaly.

"Last year we were told this is an extremely unusual winter and we were told that again this year," said Coun. Linda Mosher. "But if you do some research on climate change and the impacts of the temperatures from global warming ... my concern is that this is the new normal."

+ THE BUDGET

Other highlights:

- Road repair funding is boosted by \$2 million this year and by \$5 million in 2016-17
- New Central Library added 40 full-time equivalent positions to the budget as and \$3 million in operating costs
- The auditor general's office, which did not present to committee of the whole, has increased expenses of more than 11 per cent
- Business units found \$6.7 million in efficiencies, including vacancy allowances
- Of \$25 million in increased expenditures, \$6 million is for increases in provincial transfer payments

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HOMEOWNER FEES

Councillors seek options for new stormwater charge

Halifax regional councillors have asked city staff to provide some options for collecting a new stormwater fee that's angered residents across the municipality.

Coun. Russell Walker asked his colleagues Tuesday to rescind a January 2014 motion that created the new stormwater right-of-way charge and authorized Halifax Water to collect it on quarterly water bills.

"A lot has happened since January 14. The billing is now out there and residents are now seeing this charge on their bill," said Walker Tuesday, citing "a lot of calls" from angry residents.

Walker told council he wanted

to have city staff report back to council with options on how best to collect the fee, which pays for maintenance of stormwater infrastructure.

Halifax Water initially billed the municipality directly for the \$3.9 million cost, but the January 2014 decision passed the cost on to ratepayers through a \$39 annual fee on their water bill, which some councillors said they agreed with in the interests of transparency.

"I felt that ... by displaying it on the water bill, we were be-

ing open and transparent," said Coun. Brad Johns. "It's come back to me very clearly by the majority of people I've talked

to that they're not happy with this charge on the water (bill.)"

Walker has suggested the fee should be rolled into municipal tax bills, but a few argued that wouldn't help.

"What I've heard from people is they don't want to pay it all. So let's hide it in their tax bill and maybe they'll forget about it?" said Coun. Tim Outhit.

RUTH DAVENPORT/METRO

15-2

What the motion passed by.



A person died last year at this accident scene on Highway 104.
NEW GLASGOW NEWS

Tolls eyed for twinned highways

ROAD SAFETY

Province to gauge public support for new plan

The Nova Scotia government says tolls might be the answer to safer highways.

Transportation Minister Geoff MacLellan says a lot of tax money is put into building and maintaining highways, but that's not enough to develop twin highways in a timely fashion.

MacLellan's comments came as road safety reports were released Tuesday recommending that certain stretches of highways 101, 103 and 104 be twinned or expanded.

He says the study will look at the possibility of both twinning and tolls and findings will be presented to the public for consideration.

He says he has been hearing more positive feedback

10,000

The department of transportation will begin a feasibility study on the sections of those highways with a 10,000-vehicles-per-day or greater flow of traffic.

THE CANADIAN PRESS

from the public about tolls than ever before.

"The reality is, the word 'tolling' is a very politically sensitive and scary word for politicians. But ... people see the realities of our finances," MacLellan said in an interview.

"If it's a 'Yes,' we'll develop a plan to move forward and build these infrastructure projects and develop our highways. If it isn't, we'll stick to the current capital plan."

But under that plan, it would take decades to twin any of Nova Scotia's highways, MacLellan said.

THE CANADIAN PRESS

“The reality is, the word ‘tolling’ is a very politically sensitive and scary word ... But people see the realities of our finances.”

Transportation Minister Geoff MacLellan

BOAT HARBOUR TREATMENT FACILITY

Timeline unrealistic, says Northern Pulp

A consulting firm hired by Northern Pulp says the 2020 deadline to replace the Boat Harbour Treatment Facility is a target that, realistically, has as great a chance of being met as not.

"In our experience from other projects and given the current climate, there is a 50-50 chance of successful completion in order to meet the deadlines presented in this report," wrote Guy Martin, KSH Solutions principal consultant, process and environment, in a

letter to the company.

He cited certain issues, such as getting through the red tape of approvals, that would be needed. He also noted the fact that the start-up wouldn't be possible in winter months.

"Given the approval for the outfall will be complex and, to a certain extent, controversial, a time frame of 18 months for the project, based on a 30-month federal approval period, leaves very little room for contingencies to allow for the proper

“There is a 50-50 chance ... to meet the deadlines.”

Guy Martin, KSH Solutions

start-up of the new wastewater treatment plant while maintaining full compliance with the terms and conditions of the IA (industrial approval)."

Terri Fraser, technical man-

ager for Northern Pulp, cited these concerns during a presentation to the Law Amendments Committee.

"Northern Pulp would like to work co-operatively with the province but, to date, despite repeated efforts by Northern Pulp, the province has not engaged in any meaningful discussions on a path forward, especially as it relates to Boat Harbour. We believe the timelines as outlined in the Bill are entirely unrealistic." NEW GLASGOW NEWS

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RCMP

Halifax Mountie won't face charges in hot-tub incident

Nova Scotia's independent police watchdog says no charges will be laid against an RCMP officer in Halifax who faced an allegation of sexual assault after an incident at a party at his home.

The Serious Incident Response Team says the incident occurred in November 2014, when a female officer and the male officer were in a hot tub with another male officer.

The agency says when the

female Mountie stood to cool off, she was inappropriately touched on her buttocks.

The response team says both officers were intoxicated at the time and the touching was witnessed by another male officer, who intervened.

Though the female officer did not make a complaint, the matter came to the attention of superior officers and was referred to the Serious Incident Response Team.

The team's investigation

INVESTIGATION

SIRT says the matter is being dealt with under the RCMP disciplinary process.

concluded that while there were reasonable grounds to conclude the incident occurred, the female Mountie said the matter should not proceed to criminal charges.

THE CANADIAN PRESS

GEORGES RIVER

Standoff suspect released on bail

A Cape Breton man, charged in connection with a standoff with police in Georges River, was released from custody Tuesday after two individuals posted a total of \$40,000 in bail.

Stephen Archibald Rideout, 27, of Ross Road, is charged with three counts of breaching court

orders, two counts of careless storage of weapons, and single counts of using a firearm in a careless manner, carrying a weapon dangerous to public peace, possession of a firearm without a licence, mischief relating to property damage (a broken window), and prowling at night.

The weapons involved are a 16-gauge shotgun and a 30-06-calibre rifle.

Rideout appeared in provincial court Tuesday during which he consented to abiding by a host of conditions. The bail amount is secured through both property and cash. CAPE BRETON POST

DEBERT AIRPORT

Tipping causes 'minor' damage to cadet plane

An air cadet tow plane that tipped over on its nose during a weekend landing exercise at the Debert Airport did not result in any injuries and is being described as a "minor" incident.

"The pilots, while they were landing, sort of encountered some difficulty with the aircraft as they were landing and that resulted in the damage," said Capt. Liam Mather of the Regional

Cadet Support Unit Atlantic, regarding the Saturday incident. "The two pilots walked away without injury and effectively the damage that they were assessing on the ground was quite minor to the aircraft."

The plane was being flown by two qualified adult Canadian Armed Forces cadet instructor cadre officers, Mather said.

TRURO DAILY NEWS

IN BRIEF

Slippery weather causes collision on Highway 311

An unseasonal snowstorm that hit the North Colchester area Tuesday morning made driving along Highway 311 extremely treacherous, causing a two-vehicle collision in Earlton.

RCMP said the vehicle was not travelling fast when it left the road and attributed the mishap to slippery conditions. TRURO DAILY NEWS



Estelle Hickey, mother of Kyle Hickey — who was killed in a workplace accident in 2008 — walks past wreaths on Tuesday during a Day of Mourning ceremony at Province House. JEFF HARPER/METRO

'I am no longer the same person I was'

DAY OF MOURNING

Mom speaks of loss felt after work accident killed her son



Haley Ryan
Metro | Halifax

Seven years after Estelle Hickey lost her son Kyle in a workplace accident, she says she can still see his smile when she closes her eyes.

Tuesday marked the annual Day of Mourning to honour those in Nova Scotia who have died or been injured on the job, and Hickey spoke alongside Labour Minister Kelly Regan during a ceremony at Province House.

"I loved my son Kyle more than words can describe. I am no longer the same person I was before losing (him)," Hickey said, her voice breaking.

"I have a difficult time imagining life without Kyle. Nothing can prepare a parent for the loss of their child."

Kyle Hickey of Timberlea was caught in an explosion that ripped through the O'Regan's Kia body shop in Dartmouth where he worked in March 2008, and he died from his injuries a day later, his mother said.

"I don't know how I managed to make it through that night. I still have nightmares," Hickey said.

The cause of the accident began in a barrel of solvent, Hickey said, and O'Regan's eventually pleaded guilty in 2010 to failing to take reasonable precautions to prevent an explosion and was fined \$38,750.

As a teen and young adult, Hickey said, Kyle was loved for his ability to make anyone laugh, and he always

had time to spend with his parents, older brother and grandparents.

In the weeks before his death, Hickey said she was able to spend a lot of time

with her youngest son, and remembers his excitement as he discussed plans to marry his girlfriend.

"If I close my eyes, I can still see him smiling, because that's my boy," Hickey said.

Although Hickey said both her and her husband Paul have been forever changed by Kyle's death, it's important for them to raise awareness around workplace safety and encourage everyone to challenge employers and ask important questions.

"Everyone should return home from a hard day of work to their loved ones," Hickey said. "Kyle did not make that trip." WITH FILES FROM JEFF HARPER

7
The number of workplace fatalities so far in 2015. There were 19 in 2014.

DARTMOUTH

Police searching for suspects in armed apartment break-in

Police say they are looking for two armed men who broke into a Dartmouth apartment on Tuesday morning.

Around 11 a.m., police say the suspects forced their way into the residence on Primrose Street.

Police say the two men were

wearing masks and each had a firearm.

There were four people inside the apartment and they called police after the suspects left empty-handed.

No one was injured and police don't believe the incident was random.

Police describe one of the suspects as a tall, thin, white man wearing a black wool mask and a blue white shirt. The second man was wearing a maroon mask.

Anyone with information is asked to contact police or Crime Stoppers. METRO

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New BBQ event aims to attract the grill-seekers

FOOD

Halifax to host first annual Ribfest



Stephanie Taylor
Metro | Halifax

Meat-loving Haligonians will have a new food festival to sink their teeth into this summer.

The city will be hosting its first Ribfest in June, a three-day event that will be taking place along the waterfront and serving up live entertainment, beer and, of course, ribs.

The event is the brainchild of the Rotary Club of Halifax Harbourside that chairman Clarke Paynter says began looking into launching a new fundraiser close to three years ago.

After some research, he said the group discovered the popularity of events known as “rib-



George Kefalidis, owner of Crabby's BBQ Shack, slathers some sauce on ribs at a preview event for the Halifax Ribfest on the waterfront on Tuesday. JEFF HARPER/METRO

ests” that take place in Ontario as well as in other East Coast cities and decided that Halifax needed one of its own.

On Tuesday afternoon, Paynter's club — with the help of

London, Ont.-based Crabby's BBQ Shack — served up a few racks of ribs to preview what visitors can expect on June 26, 27 and 28.

“The big thing you're go-

ing to have to do is decide which rib truck you're going to start with,” he said Tuesday, explaining there will be six different “ribbers”, or vendors, people can choose from.

It's going to be a community down here. There'll be a whole show.

Clarke Paynter

Although the concept of a rib festival is new to our city, employees at Crabby's said they travel to close 42 different events each summer and have the trophies to prove it.

They said each festival elects their own set of judges to pick the winners in a variety of categories, such as best sauce.

He said it's a free event and whatever monies raised through rib and other sales will be donated to the club's different global and local charity efforts.

So whether it's the smell of ribs or outdoor fun that entices visitors to come, he promises “it'll be a good fun weekend.”

HEALTH CARE

Kitchen for rehab patients

The IWK hospital has received a new \$200,000 donation to help fund the construction of a new kitchen within the hospital's new rehabilitation services.

According to a release issued Tuesday, this is the second gift given from the President's Choice Children's Charity for a total of \$400,000 for the hospital to build what's called an “adaptive living kitchen.”

The hospital plans for the kitchen to be used by occupational therapists and neuro response teams to help rehabilitate patients suffering from a variety of injuries and conditions, in the hopes of restoring their confidence and independence.

A spokesperson with the charity and IWK Foundation says the new rehabilitation services centre will be a one-of-a-kind space that brings together all patients, staff and programming together for the first time.

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This 2013 photo shows the Cabot Links golf course in Inverness. Cabot Links opened in 2012 and is being joined in 2015 by the adjacent Cabot Cliffs course as a golf destination in Atlantic Canada. DAVE SCALETTI/CABOT LINKS/THE ASSOCIATED PRESS

The link to some great golf

CAPE BRETON

Cabot Links gaining international recognition

Ribbons of manicured turf weave through dunes land, connecting the shore of the Gulf of St. Lawrence to the higher elevation of town in this remote corner of Cape Breton Island. Here, a 21st-century golf destination has been conceived, inspired by the venerable links courses of Scotland. There is an adjacent pub with samplings of single-malt Scotch, but no

motorized golf carts or beer wagons on the course itself.

It's not cheap — up to almost \$200 a round during the summer — and the drive from the airport in Halifax is almost 320 kilometres. Even so, Cabot Links has been ranked among the world's top 50 courses since opening in 2012, and it could be surpassed by a second 18 holes next door — Cabot Cliffs — that is scheduled to debut later this year.

"Some of the best experiences and some of the best properties are off the beaten track," says Andrew Alkenbrack, Cabot's general manager and veteran of international tourism. "Good

CABOT LINKS

A 320-kilometre drive from Halifax, visit cabotlinks.com or call 855-652-2268.

things are worth the effort."

A squall stays offshore and gives way to a freshening breeze and sunshine, creating a silvery mosaic on the surf. Soon, Bryan Sutherland, the local school's physical education director who moonlights as a caddy, arrives on his bicycle. The first tee is open.

What we proceed to do next is claimed to be one of the few true links golf opportunities in North America.

Though many courses bill themselves as "links-style" — rolling terrain without tree cover and perhaps next to a body of water — purists believe the land must be waves of sandy hillocks that connect, or "link," a beach to more till-

200

About 200 residents are employed for golf operations, three restaurants and a well-appointed lodge with minimalist exteriors that blend into the landscape.

able areas farther inland. In this, Cabot Links complies, just as do its older cousins across the Atlantic.

Level lies are few. Off the fairway, knee-high brush, Queen Anne's lace and colourful Joe-Pye weed are not.

Though rain is plentiful, the grass drains quickly, rewarding low running shots. The wind confounds and confuses, but the patient advice of caddy Sutherland succeeds if followed.

The pace of play is steady but not strenuous. The sky, the distant bluffs and the

rhapsodic sound of the sea merge in the background.

A "putt" of 30 metres or more is not uncommon, given the lack of demarcation between fairway and green. Bunkers seem to be sculpted by nature, not a bulldozer.

Dunes remain as they might have been when there was no golf, even if that produces a blind shot to a landing area behind them. The par-4 finishing hole is downwind and fast, dictating a 118-metre "chip" that bounces the entire length before barely trickling just beyond the green's back edge. Sutherland is pleased.

Cabot Links sits atop what was once a coal mine, which attracted 19th-century immigrants to Inverness. When the coal business disappeared, the village's future dimmed.

That changed when a young entrepreneur from Toronto named Ben Cowan-Dewar began building support in 2005 for a golf destination in Inverness after other such

visions failed.

Students of golf development will recognize the similarity of Cabot Links to the coastal Bandon Dunes resort in the United States, an even longer drive from the Portland, Ore., airport than Cabot Links is from Halifax.

That is no coincidence. Bandon Dunes' creator, Mike Keiser, who became a partner in Cabot Links, now is a driving force for the second 18 holes at Cabot Cliffs, along with Masters' champion Ben Crenshaw — who perhaps is without peer as a traditionalist in golf architecture. Like Cabot, Bandon Dunes is walking-only.

"I think Cabot has brought a new positive atmosphere to our community," says Sutherland, a sixth-generation Cape Breton native of Scottish descent.

"It is such a pleasure to enter the Cabot premises and see the smiling, welcoming faces of our young people."

THE ASSOCIATED PRESS



I believe the two courses will complement each other. Cabot Links will never be an 'ugly sister.'

Joe Robinson, director of golf, about the soon-to-open Cabot Cliffs.

SASKATCHEWAN

Guilty plea in burning of homeless woman

A man accused of attacking a homeless woman and setting her on fire in northern Saskatchewan has pleaded guilty to attempted murder.

Leslie Black, 29, entered the plea Tuesday in a Prince Albert courtroom.

A judge ordered the man to undergo a psychiatric assessment and he was remanded in custody until June 26.

Marlene Bird was found badly injured in a parking lot outside a community centre in the city's downtown on June 1, 2014.

The 57-year-old was so badly burned in the attack that doctors were forced to amputate both her legs. She also had several

surgeries for skin grafts.

There was an outpouring of support for Bird nationally and internationally and a local shelter set up a trust fund to help cover medical expenses along with rehabilitation costs.

Bird later moved into a home with her long-time partner, who helped her adjust to her new life in a wheelchair.

Police initially charged Black with aggravated sexual assault.

A publication ban on Bird's name was lifted after her family argued that she didn't want to be "just another statistic."

The Crown told court that the sexual assault charge will be dropped. THE CANADIAN PRESS



COURT DEL MASTRO SAYS HE'S PAID 'EXCEPTIONALLY HEAVY PRICE' FOR OFFENCES

Former Conservative MP Dean Del Mastro leaves court on Tuesday at his sentencing hearing in Lindsay, Ont. Del Mastro choked back tears as he described the "nation-wide condemnation" he's had to endure as his election overspending trial wound its way through the legal system. Crown prosecutors are seeking a sentence of nine to 12 months in jail, saying only imprisonment will truly drive home the gravity of Del Mastro's offences. But Del Mastro addressed the Crown's stance in his appeal to the judge. "They have failed to acknowledge the exceptionally heavy price that I have already had to pay," he said. The former Conservative MP was found guilty last fall of violating the Canada Elections Act. Del Mastro's sentence is expected to be delivered on June 26.

FRED THORNHILL/THE CANADIAN PRESS

EDMONTON

Remains found are sex worker's: Police



Leah Holodiy
Metro|Edmonton

Eleven years after Delores Dawn Brower was last seen hitching a ride on 118 Avenue in Edmonton, Alta. RCMP confirmed Tuesday that the remains found south of the city are hers.

Edmonton's medical examiner was able to identify the 33-year-old woman, who worked in the city's sex trade when she disappeared, through dental records. The examiner has been unable to determine Brower's cause of death but tests are ongoing.

On April 19, a property owner found parts of Brower's skull just east of Leduc, Alta. near Rollyview community, prompting a police investigation.

It is third time human remains have been discovered in an eight kilometre radius of one another. The skeletal remains of Katie Sylvia Ballantyne, also an Ed-

monton sex-trade worker, were discovered in the same region in July 2003. In 2012, the remains of 20-year-old Amber Tuccaro were found.

Insp. Stacey Talbot said RCMP is investigating the possibility that the area could be a "dumping ground" for bodies.

Described as Métis, Brower was known on the street as Spider and had been canvassed by RCMP's Project Kare, a provincial task force formed in 2003 to investigate missing or murdered sex workers. The RCMP Historical Homicide Unit is now leading the investigation.

Brower's family released a statement urging people to contact police if they had information about the homicide.

"While we are saddened to have confirmation that Delores' remains have been found, there is a sense of thankfulness as well. We loved Delores and are grateful to have some closure."

WITH FILES FROM THE CANADIAN PRESS

Police lay charges in homeless deaths

WINNIPEG

Two men killed over weekend, another killed in early April



Shane Gibson
Metro|Winnipeg

Winnipeg police have charged the man that they initially identified as a person of interest in the deaths of two homeless men in the downtown area last weekend, as well as that of a

third man found beaten to death in a bus shack earlier in April.

But Winnipeg Police Service Superintendent Danny Smyth stopped short of calling the man a serial killer Tuesday.

"I don't know if there's a definition for a serial killer," said Smyth after announcing the arrest in the cases that have left Winnipeg's homeless community on edge and garnered national media attention. "But certainly three murders is significant."

John Paul Ostamas, 40, was charged with two counts of first-degree murder and one count of second-degree murder Monday.

Police allege Ostamas attacked and killed Donald Collins, 65, in downtown Winnipeg Friday night, and then killed 48-year-old Stony Bushie after the two met several hours later at a parkade near the same corner.

The second-degree murder charges are connected to the death of Myles Monias, 37, who was found beaten to death in a bus shelter downtown April 10.

Smyth said Ostamas, who is originally from the Thunder Bay, Ont. area and has lived in and out of Winnipeg for the last decade, is "very transient" and knew both men he's ac-

+ INVESTIGATION

Smyth said it's too early to say whether Ostamas is involved in any other unsolved crimes in Winnipeg and said investigators will be contacting police in other cities to look at possible links to unsolved crimes elsewhere.

cused of killing last weekend, but couldn't say what motivated the attacks.

Police believe the earlier killing was random.

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TOP SIX @ 6 Weeknights at 6 Hannah counts down the HOTTEST songs of the day

- 6 **Rihanna** Better Have My Money
- 5 **Aronchupa** I'm An Albatroz
- 4 **Ellie Goulding** Love Me Like You Do
- 3 **Wiz Khalifa ft Charlie Puth** See You Again
- 2 **OMI** Cheerleader
- 1 **Maroon 5** Sugar

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HIGHLIGHTS FROM THE AUDITOR GENERAL'S REPORT

Canada's auditor general has taken the federal government to task on many fronts. Here are four findings from his spring report, released Tuesday:

THE CANADIAN PRESS

Drug-resistant infections

1

The report says the Public Health Agency of Canada has failed to mobilize its provincial and territorial counterparts in developing a national strategy to deal with so-called antimicrobial resistance. Ferguson's audit found that the agency collects only limited information on drug-resistant infections at clinics and long-term care facilities and lacks details about the extent of the problem in remote areas and among vulnerable populations.

**First Nations health**

2

Health Canada can't say for sure that all eligible First Nations individuals in remote communities in Manitoba and Ontario can access sufficient clinical and client care services and medical transportation, the report says. Only 1 of 45 randomly chosen nurses in the First Nations communities had completed all five of Health Canada's mandatory training courses. Not all nursing stations in the communities meet health-and-safety requirements or building codes. In one case, a nursing station residence had been unusable for more than two years because of a broken septic system.

**Missing cost projections**

Finance Department reports do not include cost projections on a wide suite of tax benefits that MPs ought to be able to take into account when they debate budgets and public spending, according to the report by Ferguson, seen at left. The auditor says overall projections are available for measures such as the children's fitness tax credit, the first-time homebuyers credit and the age credit, but that is not the same as tracking the actual amount of dollars being lost.

**Late parole release**

Lower-risk offenders are being released from prison later in their sentences and with less time supervised in the community because Correctional Service Canada recommends early release less often, the report found. Some 80 per cent of offenders were behind bars beyond their first parole eligibility date, while more offenders are being released directly from medium- and high-security penitentiaries.

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Accused of striking Hollywood star with car, paparazzo set free

VANCOUVER

Judge orders photographer to keep clear of Ryan Reynolds

A Vancouver-area celebrity photographer accused of striking Ryan Reynolds with a car has been ordered by a judge to keep clear of the actor as he continues filming his latest movie.

Richard Fedyck, 52, made his first court appearance Tuesday on serious new charges for alleged criminal harassment of Reynolds over a six-week period before the confrontation in a hotel parkade.

After a joint submission by his defence lawyer and the Crown, Fedyck was released with conditions. Details cannot be released because of a mandatory publication ban.

Provincial court Judge Maria Giardini interrupted the Crown lawyer as she launched into a basic outline of the case.

"I know who Ryan Reynolds



A Vancouver-area celebrity photographer faces more serious charges over allegations he criminally harassed Ryan Reynolds before hitting him with his car. VICTORIA WILL/INVISION/THE CANADIAN PRESS

is," Giardini said with a chuckle.

Fedyck stood with his hands in the pockets of his dark suit during the brief appearance. His lawyer Jonathan Waddington

refused to comment.

The paparazzo was arrested two days after Reynolds was allegedly struck in the secure parking lot of the Shangri-La

Hotel at about 7 p.m. on April 10.

Court documents show Fedyck is charged with criminal harassment, dangerous operation of a motor vehicle and assault

with a weapon — his car.

The indictment says Fedyck is accused of causing Reynolds to "reasonably fear for his safety" between Feb. 28 and April 11.

He has denied hitting the Vancouver-born actor, calling the accusation "100-per-cent false."

Giardini agreed to the photographer's release on his own recognizance and \$1,000 bail.

Fedyck's conditions include not contacting Reynolds or his wife, daughter or mother. He must avoid movie shoots, studios or residences where the actor may be and is banned from taking photos of him or his family.

The conditions, which also stipulate Fedyck can't enter Vancouver except for court hearings, are in place until June 5, the judge ordered.

Fedyck's next appearance is scheduled for May 5.

Fedyck has butted heads with celebrities before. He filed a lawsuit claiming verbal and physical assault by Pamela Anderson and Denise Richards during a film shoot in Richmond, B.C., in 2007. The suit was later dropped.

THE CANADIAN PRESS

IN BRIEF

Joni Mitchell recovering

Reports that Joni Mitchell was in a coma "with no immediate prospects for getting better" have been denied by the Canadian folk-pop icon's camp. TMZ had been saying Mitchell was "unable to respond to anyone" as of Tuesday afternoon. However, the singer's official website denied that was the case: "Contrary to rumors circulating on the Internet today, Joni is not in a coma. Joni is still in the hospital — but she comprehends, she's alert, and she has her full senses. A full recovery is expected."

TORSTAR NEWS SERVICE

Income tax filing deadline extended to May 5

Canadians are getting more time to file and pay their taxes due to a mistake by the Canada Revenue Agency. The deadline for most Canadians was set for the end of April. However, a spokesman for Revenue Minister Kerry-Lynne Findlay said that, due to a human error, a notification was sent last week to tax preparers indicating the deadline was May 5. THE CANADIAN PRESS

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Residents clean streets as law enforcement officers stand guard, Tuesday in Baltimore, in the aftermath of rioting following Monday's funeral of Freddie Gray, who died in police custody. MATT ROURKE/THE ASSOCIATED PRESS



In this aerial photo, police stand in formation near a gathering of protestors at the intersection of North and Pennsylvania avenues, Tuesday in Baltimore. PATRICK SEMANSKY/THE ASSOCIATED PRESS



A man rinses his eyes after he was sprayed by police with a crowd dispersant in the aftermath of rioting following Monday's funeral for Freddie Gray. MATT ROURKE/THE ASSOCIATED PRESS

National Guard in Baltimore

FREDDIE GRAY DEATH

Governor vows to prevent another round of rioting

Baltimore was a city on edge Tuesday as hundreds of National Guardsmen patrolled the streets against unrest for the first time since 1968, hoping to prevent another outbreak of rioting.

Maryland's governor said 2,000 Guardsmen and 1,000 law officers would be in place overnight to try to prevent a repeat of the unrest that erupted Monday in some of the city's poorest neighbourhoods and sent a shudder through all of Baltimore.

"This combined force will not tolerate violence or looting," Gov. Larry Hogan warned.

In a measure of how tense things were, the city was under a 10 p.m.-to-5 a.m. emergency curfew. All public schools were closed. And the Baltimore Orioles cancelled Tuesday night's game at Camden Yards and — in what may be a first in baseball's 145-year history — announced that Wednesday's game will be closed to the public.

The streets were largely calm all morning and into the evening. But police with riot shields lined up shoulder to shoulder and kept close watch over a growing, chanting crowd of about 1,000 people at the corner where some of the worst violence took place the night before.



It brought a tear to my eye. Seeing it doesn't feel like the city that I love.... I am glad they're here, but it's hard to watch.

Resident Jascy Jones, about the sight of National Guardsmen on the street

The real test was expected after dark, with the start of the curfew.

The looting and rock- and bottle-throwing by mostly black rioters broke out just hours after the funeral of Freddie Gray, a 25-year-old black man who suffered a fatal spinal cord injury while in police custody. It was the worst such violence in the U.S. since the unrest that erupted last year over the death of Michael Brown, the unarmed black 18-year-old

shot by a white police officer in Ferguson, Mo.

Political leaders and residents called the violence a tragedy for the city and lamented the damage done by the rioters to their own neighbourhoods.

"The same community they say they care about, they're destroying. You can't have it both ways," Mayor Stephanie Rawlings-Blake said.

Baltimore Police Commissioner Anthony Batts said: "I had officers come up to me and

say, 'I was born and raised in this city. This makes me cry.'"

But the rioting also brought out a sense of civic pride and responsibility among many Baltimore residents, with hundreds of volunteers turning out to sweep the streets of glass and other debris with brooms and trash bags donated by hardware stores.

Blanca Tapahuasco brought her three sons, ages 2 to 8, from another part of the city to help clean up the brick-and-pavement courtyard outside a looted CVS pharmacy in the hard-hit neighbourhood where Gray was arrested.

"We're helping the neighbourhood build back up," she said. "This is an encouragement to them to know the rest of the city is not just looking on and

+ HISTORY

The crisis marks the first time the National Guard has been called out to deal with unrest in Baltimore since 1968, when some of the same neighbourhoods that rose up this week burned for days after the assassination of the Rev. Martin Luther King Jr.

wondering what to do." THE ASSOCIATED PRESS

In the wake of the riots, Orioles will play White Sox on Wednesday in closed-doors game; weekend series shifted to Florida. More on page 25.

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Desperate residents still awaiting help in Nepal

PASLANG

In aftermath of quake, isolated villages have yet to receive aid

There is almost nothing left of the village of Paslang, Nepal, but enormous piles of broken red bricks and heaps of mud and dust.

One of those piles was once Bhoj Kumar Thapa's home, where his pregnant wife pushed their five-year-old daughter to safety in a last, desperate act before it collapsed and killed her during Saturday's earthquake.

On Tuesday, Thapa and others in Paslang were still waiting for the government to deliver food, tents — any kind of aid — to this poor mountain village near the epicentre of the quake that killed more than 4,700 people, injured over 8,000 and left tens of thousands homeless.

"When I got home, there was nothing," said Thapa, an army soldier. "Everything was broken. My wife — she was dead."

He was put on leave from his army unit to mourn, one of the few Nepalese soldiers not deployed in the country's massive rescue and recovery operation. But instead of sadness, there is anger.

"Only the other villagers who have also lost their homes are helping me. But we get nothing from the government," Thapa



A woman recovers cooking pots from her collapsed home in Paslang near the epicentre of Saturday's massive earthquake in the Gorkha District of Nepal, Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

said.

An official came, took some pictures and left — without delivering anything to the village of about 300 people north of the capital of Kathmandu, he said.

Paslang is only three kilometres up the mountain from the town of Gorkha, the district headquarters and staging area for rescue and aid operations. But the villagers, who have no



Only the other villagers who have also lost their homes are helping me. But we get nothing from the government.

Bhoj Kumar Thapa, Paslang resident

idea when they might get help, are still sleeping together in the mud and sharing whatever scraps of food they can pull from

beneath their ruined buildings. Three in the hamlet have died.

Officials and foreign aid workers who have rushed to

Nepal following the magnitude 7.8 earthquake are struggling against stormy weather, poor roads and a shortage of manpower and funds to get assistance to the needy. On Tuesday, the district managed to co-ordinate 26 helicopter trips to remote villages to evacuate 30 injured people before a major downpour halted the effort.

"We need 15,000 plastic tarps alone. We cannot buy that number," said Mohan Pokhran, a district disaster management committee member.

Only 50 volunteer army and police officers are distributing food and aid for thousands in the immediate vicinity, he said.

Some in Paslang have seen sacks of food being flown by helicopter to remote regions reachable only by air, without stopping. The arrival in the village of a diesel generator Tuesday, brought by "a nice charity man" from a foreign aid group that no one could identify, brought moments of much-needed elation as dozens crowded around to charge their cellphones on four attached power sockets.

Sitting in the mud and sharing tea made over an open fire with his wife and children, Tilak Bahadur Rana, a farmer, confessed he was losing heart.

"Because of this earthquake, the whole village is destroyed. We need food. We need a place to sleep, or compensation for all we have lost," he said.

THE ASSOCIATED PRESS

IN BRIEF

Nigerian army says it has rescued 200 girls

The Nigerian army said Tuesday it has rescued 200 girls and 93 women in the Sambisa Forest, but could not confirm if any of those freed are the Chibok schoolgirls kidnapped a year ago. THE ASSOCIATED PRESS

At least 52 killed in massive landslide in Afghanistan

A landslide in a remote province in northeastern Afghanistan killed at least 52 people on Tuesday, a provincial official said. The stricken area in Badakhshan province is cut off from the rest of the country, covered in snow and only accessible from the air, significantly hampering any rescue efforts, said Shah Waliullah Adeeb, the provincial governor. THE ASSOCIATED PRESS

Execution of drug convict delayed in Indonesia

A Filipina woman convicted of drug smuggling in Indonesia — one of nine people due to face a firing squad — has been granted a stay of execution, Indonesia's attorney general Muhammad Prasetyo said Wednesday. Mary Jane Fiesta Veloso was arrested in 2010 at an airport in the city of Yogyakarta, where officials discovered about 2.5 kilograms of heroin hidden in her luggage. Prasetyo said Veloso was granted a stay of execution because her alleged boss has been arrested in the Philippines, and the authorities there requested Indonesian assistance in pursuing the case. THE ASSOCIATED PRESS



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WINE

China beats France in vineyard space

China now boasts more land dedicated to winemaking vineyards than France, as it tries to satisfy a rapid rise in local demand.

China's vineyards grew to 800,000 hectares last year, putting it behind No. 1 grower Spain but ahead of France.

Because its production is less effective than more established winemaking countries, China's output is only the seventh-biggest, according to figures released Monday by the Paris-based International Organization of Vine and Wine.

France took over the title of top producer from Italy last year, with 46.7 million hectolitres, or 6.2 billion bottles. EU

countries have intentionally reduced vineyards in recent years to make them more efficient and improve quality.

By contrast, China's harvest is expected to yield 11.2 million hectolitres. The bulk of that is destined for consumers in China, whose 1.4 billion people knocked back 15.8 million hectolitres (2.1 billion bottles) of wine last year.

The taste for wine has grown rapidly in China over the past 15 years, more than local production can keep up with. Added to the status carried by foreign wines, China has become the world's sixth-largest wine importer, on par with Russia.

THE ASSOCIATED PRESS



Workers collect red grapes in the vineyards of the famed Chateau Haut Brion near Bordeaux, France. THE ASSOCIATED PRESS FILE

market minute



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DOW JONES: 18,110.14 (+72.17)



TSX

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OIL

\$57.06 US (+7¢)



GOLD

\$1,213.90 US (+\$10.70)



The 15 finalists nominated for the World Video Game Hall of Fame, from left, Pac-Man, Space Invaders, Sonic the Hedgehog, Minecraft, the Sims, Super Mario Bros., Doom, top, World of Warcraft, centre, Pokemon series, bottom, the Legend of Zelda, the Oregon Trail, Tetris, FIFA soccer, Angry Birds, Pong. BETHANY MOSHER-THE STRONG/THE ASSOCIATED PRESS

15 video games make Hall of Fame shortlist

THE STRONG MUSEUM

Finalists include Pong, Angry Birds, Minecraft

Fifteen video games that have engrossed gamers for untold hours were named finalists Tuesday for the new World Video Game Hall of Fame.

The list includes arcade trailblazers Pong and Space Invaders, smartphone favourites Angry Birds and Minecraft and an array of others for console and computer.

Only a handful will make

up the hall of fame's inaugural class, to be chosen by an international selection committee of journalists, scholars and other video game experts.

The induction ceremony is scheduled for June 4 inside The Strong museum in Rochester, N.Y., which also houses the National Toy Hall of Fame.

"The 15 finalists for the World Video Game Hall of Fame span decades, gaming platforms and geographies," said Jon-Paul Dyson, director of the museum's International Center for the History of Electronic Games. "Whether it's the groundbreaking game Pong or a more recent viral sensation like Minecraft, all of

these games have helped shape the way that people across the globe play and relate to one another."

To make it into the hall of fame, games must have icon status, prove to be more than a passing fad and leave a mark on other games or forms of entertainment, pop culture or society in general.

The Strong said it received thousands of nominations since February, when it announced creation of the video game hall to recognize the impact of electronic games through the years. Anyone can nominate a game online.

The museum's electronic games centre has more than

+ TOP 15

The finalists are:

Pong, Space Invaders, Angry Birds, Minecraft, Doom, FIFA soccer, the Legend of Zelda, the Oregon Trail, Pac-Man, Pokemon, the Sims, Sonic the Hedgehog, Super Mario Bros., Tetris and World of Warcraft.

55,000 video games and related artifacts, along with personal papers and corporate records that document the history of video games.

THE ASSOCIATED PRESS

JOIN WITH US AND CELEBRATE UNITED WAY HALIFAX 89TH ANNUAL GENERAL MEETING

Thursday, May 14, 2015 at 4 pm

GUEST SPEAKER

Rear Admiral John E Newton, Commander Maritime Forces Atlantic/Joint Task Force Atlantic

Tribute to Catherine Woodman, President and CEO

Meeting will be followed by a reception
Halifax Central Library
Spring Garden Road, Halifax NS

RSVP Lucy Hulford, 902-461-3064,
lhulford@unitedwayhalifax.ca by May 7.



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* Members of the Organizations are residents within the boundaries of the Halifax Regional Municipality and the Municipality of East Hants who uphold the mission and vision of United Way Halifax.

- United Way Halifax Bylaw #1 Article 4.03(A) states the report of the Governance Committee outlining nominations to the board is available at United Way Halifax, 46 Portland Street, 7th floor, Dartmouth, Nova Scotia B2Y 1H4
- Additional nominations may be made in writing signed by at least ten (10) Members of the Organization* and shall be received not less than seven (7) days prior to the Annual General Meeting, together with a statement in writing signed by such nominee indicating a willingness to serve as Director if elected (Bylaw #1, Article 5.04-b);
- No candidates, other than the nominated as set out above, shall be eligible for election at the Annual General Meeting. Employees of United Way Halifax and of funded agencies are not eligible to sit on the Board of Directors, (Bylaw 5.03).
- A motion will be made to change the Bylaws and a report of the proposed changes may be examined at United Way Halifax, 46 Portland Street, 7th floor, Dartmouth, Nova Scotia B2Y 1H4 during the fifteen (15) day period preceding the meeting.

Catherine J. Woodman, President and CEO
United Way Halifax

PEER-TO-PEER LENDING

U.S. lender OnDeck expands to Canada

OnDeck Capital, a U.S.-based online marketplace where small businesses can secure loans, is expanding its offerings in Canada, joining a growing number of technology-oriented lenders that promise to transform the financial services landscape.

Experts say Canada has been slow to embrace peer-to-peer lending, a burgeoning industry that provides consumers and small business owners an alternative to the banks by pairing them with institutional investors and wealthy individuals willing to lend them cash.

The concept is gaining popularity south of the border, as well as in parts of Europe and in China.

"Innovations often take longer to arrive here," says Andrew

Graham, the chief executive of Toronto-based Borrowell, an online platform launched a month ago that allows consumers to borrow money at rates ranging from 5.9 to 18 per cent.

After an initial trial period where it offered small loans — \$50,000 or less — to Canadian firms, OnDeck has set its sights on expanding north of the border, joining a handful of homegrown startups including Fundthrough, which lends to small businesses, and Grouplend and Borrowell, serving consumers.

OnDeck, which has delivered over \$2 billion in loans since 2007, will now be offering loans of up to \$150,000 to Canadian companies.

THE CANADIAN PRESS

IN BRIEF

Google throwing cash at European publishers

Google says it will give European publishers — who accuse Google of profiting from their content without sharing the revenue — 150 million euros (about \$198 million) to help them adapt to the challenge of selling news online. THE ASSOCIATED PRESS

LG offers leather phones

LG is making its new G4 smartphones with optional leather backs as it seeks to distinguish its phones from Apple's iPhones and Samsung's Galaxy smartphones. The G4 will have a choice of leather finishes, crafted for a better grip. By contrast, Apple and HTC use metal and Samsung uses glass.

THE ASSOCIATED PRESS



PRO/CON

Are community mailboxes good for community?

NO: They'll destroy the fabric of our great country

Boxes are not always installed with municipal approval or co-ordination (which prompted a court challenge this week from the City of Hamilton against Canada Post). A big, ugly metal superbox on or near your home can lower property values. Canada Post's refusal to add recycling bins will inevitably lead to more litter as not everyone will bother to lug home their junk mail. As our already brutal winters become increasingly more freakish, walking or driving to get essential documents will become dangerous or impossible for many. The keys don't always work. And for those with mobility issues, we wish you luck as you navigate the bureaucratic rigamarole of proving you deserve special dispensation for home delivery once a week.

YES: But only if we use imagination and planning...

The visionary view is that random encounters — and increased interactions as people gather to collect their mail — could improve quality of life for many. But this happy scenario will require more than just dumping a metal box on the edge of a lonely road. Imagine if beautifully designed mailboxes were incorporated into a local café or community centre — a destination you could walk or drive to with a friend, where you could have a cuppa and gossip about the day's news, check out community events on a notice board, or cruise the Internet. Early humankind gathered around a communal fire not just for warmth, but for much-needed human contact. Wouldn't it be wonderful if community mailboxes could resurrect that kind of ritual?

ROSEMARY WESTWOOD

metroview

"Asking advertisers to stop exploiting our insecurities is naive"

Protein World just wanted to sell some diet pills.

Instead, the company has raised women's ire over a sexed-up ad campaign on the London Underground featuring a bikini-clad woman.

"The image features bold writing asking commuters 'Are you beach body ready?' when it might as well say 'Do you feel rubbish yet?'" wrote protester Tara Costello.

Women are defacing the ads. There's a "taking back the beach" rally planned and a petition to get the ads removed, which the transit authority is sidestepping since the ads are set to come down today.

Stop trying to make us feel bad, the protesters are demanding. Fat chance.

"That's what advertising does," said Jacqueline Lambiasi, professor at Texas Christian University, who's been researching sex and women in the media for 25 years.

Advertising preys on our emotions, an idea, Lambiasi noted, that goes back to Aristotle, and manipulates our insecurities, a tactic devised in the early 1900s to sell mouthwash and used ever since.

Asking advertisers to stop creating insecurities and exploiting existing ones is naive.

Even companies that seem to be selling an enlightened view of women — Always' #LikeAGirl Super Bowl ad and Dove's #choosebeautiful campaign — have one basic

goal, and it's not boosting your female empowerment. It's getting your money.

"I'm pretty skeptical about those kinds of attempts," Lambiasi told me. "Brands are only trying to sell themselves. They can't really do anything else in the world."

If you want to praise Dove's #choosebeautiful campaign (which has appeared in this newspaper and tells women: "Beautiful is a choice. One you make every single day"), praise it on the only measure it deserves: sales figures.

Yes, we should still fight the worst offenders, even when it raises their profile (as the backlash has for Protein World). It's well known that ads can negatively impact self-esteem and body image.

But, as Lambiasi argued, we also need to boost our resilience against these messages through better media literacy, especially in an age of heightened sexualization, where what was considered pornography in the 1960s is now fair game for advertisers.

There is no healthy image of womanhood, or personhood, in an industry that only sees consumers. There are no allies in the advertising business, and you can't bully Victoria's Secret into doing anything less than making you feel incomplete without their bras.

The key isn't to ask advertisers to sell us a nicer story. It's to stop listening.

Satire fails, if it serves only the privileged

SOCIAL DISCOURSE

Omar Mouallem



I never thought I'd hold the PEN American Center's Freedom of Expression Courage awards and Adam Sandler in the same thought. But events this week brought their worlds closer together after both were boycotted over racial stereotyping.

The PEN honoree, Charlie Hebdo magazine, mocked underprivileged minorities, according to six esteemed authors boycotting the ceremony. Sandler's in-production movie, *The Ridiculous 6*, flagrantly dismissed the advice of its Native American cultural consultants and extras until they walked off the set.

Satire isn't supposed to be sacred, which is the very thing that makes it sacred. It shows deference to no one. But it can also cross a line and become

a way for the empowered to bully the disempowered.

In recent years, similar criticisms have been thrown at *2 Broke Girls*' asexual Asian workhorse tropes, *The New Yorker*'s "fist bump" cover featuring a turbaned Obama with wife Michelle as a gun-toting revolutionary, and Tina Fey's new comedy *Unbreakable Kimmy Schmidt* — for, among other things, a weird subplot featuring Polish-American actor Jane Krakowski's character as Native American.

Some of these criticisms are valid, others misconstrued. Together they indicate growing empathy for oppressed groups. But does the frequency of these criticisms mean audiences are becoming more sophisticated, or oversensitive?

Certainly it's become much harder to get away with casual racism since the 1990s, when Sandler teased gays, Asians, women and his own Jewish

clan with equal opportunity. But there's something deeply disturbing about *The Ridiculous 6*. One scene shows an indigenous woman falling down drunk before being roused by white men pouring liquor on her.

Are audiences becoming more sophisticated? Or oversensitive?

Netflix, producers of *The Ridiculous 6*, defended Sandler: "It is a broad satire of Western movies and the stereotypes they popularized, featuring a diverse cast that is not only part of — but in on — the joke." Call me skeptical but, when actors from a group that, according to one study, gets an average of 196.5 seconds of screen time per appearance, are involved, I doubt they were in on anything.

Growing up, I rarely saw an Arab depicted in comedy who wasn't a sex-crazed sheik, muted and submissive harem slave or violent radical. Even as a child I recognized it as cruel and hurtful. Charlie Hebdo has shown these portrayals are as prevalent and problematic as ever, but also that excessive sensitivity can be more damaging.

Satire isn't an exact science. That's why it's art. But even the lowest-brow art is best when it challenges the audience's expectations — if not for the sake of social commentary, then just because upending clichés makes for better entertainment. When comedy instead supports ridicule, it only serves the privileged.

Omar Mouallem (@omar_aok) is based in Edmonton and edits the *Yards*. Social Discourse appears every other Wednesday.



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PETER ABELLARD



Beer: It's not just for BBQs

FOOD AND DRINK

Picking the right brew can take your meal to the next level

Food lovers need not turn to wine and cocktails when they want to enjoy a meal.

Metro talked to Toronto-based brew specialist Mirella Amato and Elyse Carlucci of Blue Point Brewing Company in the U.S. about how to best pair beer with different dishes.

"I've come up with a two-step system that will yield a decent pairing. It might yield a delicious pairing, but it will certainly yield a solid one," said Amato.

The first step is intensity. Both Amato and Carlucci say you want to match the intensity of your beer with the intensity of the dish you intend to pair it with.

"If I have a light salad and I pair that with a really roasty, full-bodied, Russian imperial stout, I'm not going to be able to taste my salad," says Amato, author of *Beerology: Everything You Need to Know to Enjoy Beer ... Even More*, which includes a chapter on beer pairings.

"If I have a thick stew with vegetables and spices and meat and I pair that with a light lager, the flavour of the lager will be completely lost."

Amato says the second step is not in any of the literature she's read — it's more of an insider tip.

"Line up the colour intensity of your beer with the colour intensity of the main ingredient of your dish."

Carlucci says while you can do contrast pairings, they are difficult for novices to pull off.

She does, however, recommend contrast pairings for newbies in one situation: "If you're looking to cool down the heat in a really spicy dish, contrast it with wheat beers, like white styles or pilsners. That's the only time where a contrast for novices might be a good thing."

Here, Amato and Carlucci share some of their favourite pairings for different foods. A list of Canadian options provided by Amato is included at the end of each category.



Bier Markt's Merchant Burger is paired with a Red Racer by Central City Brewing at their King Street location in Toronto. Beer expert Mirella Amato says British-style pale ales have a complexity of flavours that go really well with a burger. LIZ BEDDALL/METRO

Fish: Amato and Carlucci agree that wheat beers are a safe bet for most fish dishes.

"Belgian-style wheat beers have orange peel and coriander and that yields citrus flavours, which of course go great with fish," says Amato.

"There's also no bit-

terness, which can sometimes combine with an oilier fish to give a slightly unpleasant taste."

Examples:

- Mill Street's Belgian Wit (Ontario)
- Garrison's Nit Wit (Nova Scotia)
- Driftwood Brewery's White Bark (British Columbia)

Chicken or pork: "You can go with a more traditional lager style," says Carlucci of medium-bodied proteins.

"Stick with medium intensity beers that have more flavour, but not a lot of hops."

Carlucci suggests Blue Point Toasted Lager and Anchor Brewing Breckle's Brown.

Amato takes it back to her colour principle.

"If you are looking to pair beer with chicken or white fish, you want to go with a gold to pale amber beer. If you're getting into salmon, pork, lentils, you want a deeper amber beer."

Examples:

- Golden lager, like Tree Brewing's Beach Blonde (British Columbia)
- Golden ale, like Boréale Blonde (Quebec)
- Kölsch-style ale, like Beau's Lug-Tread Lagered Ale (Ontario)
- Märzen, like Paddock Wood's Red Hammer (Saskatchewan)
- Bock, like Hoynes The Big Bock (British Columbia)
- American-style pale ale, like Great Lakes Canuck

Pale Ale (Ontario)

- Saison, like Hopfenstark's Saison Station 16 (Quebec)

Classic burger: "I enjoy my burgers with either a British style pale ale or a British style brown ale. That brown colour lines up nicely with the meat. And of course, with burger, it's extremely rare that you're

going to have it plain — there's a lot of flavours there and British-style ales have a complexity of flavours," says Amato.

Examples:

- Picaroons Best Bitter (New Brunswick)
- Central City Brewers Red Racer (British Columbia)
- Black Oak's Nut Brown Ale (Ontario)

Veggie Curry: "If you are eating a curry vegetarian dish, try the Blue Point Mosaic Session IPA or Firestone Walker Pivo Hoppy Pilsner," says Carlucci. "Both have aromatic hops, but not the bitter taste you might expect from IPA styles."

For something like a Thai-style veggie curry, Amato says a triple works well. "You want a beer with enough carbonation to cut through the richness and maybe a bit of bitterness as well."

Example:

- Unibroue's La Fin Du Monde (Quebec)

Desserts: Pairing beer with desserts all depends on what you're serving.

"If you like more fruity desserts, there are some really good fruit lambics out there and that's a great style for someone who likes fruitier cocktails or has a sweeter palate," says Carlucci.

"There are a lot of great beers out there that have fruit undertones."

As for heavier desserts like a dark chocolate mousse, Amato says you can go two ways.

"A really intensely fruity fruit beer is delightful because then you get the chocolate and fruit thing."

She also recommends a Barley wine, "a really thick, chewy beer — it has got a roundness to it, which mirrors the mousse nicely, but it also has a higher alcohol content to cut through the richness."

Examples:

- Mill Street's Barley Wine (Ontario)
- Garrison Ol' Fog Burner (Nova Scotia)
- Central City Brewing's Thor's Hammer Barley Wine (British Columbia)
- Amsterdam's Framboise (Ontario)
- St Ambroise's Framboise (Quebec)

EMINA GAMULIN/METRO

WITH FILES FROM ANDREA PARK



It's a crackin' good time

MARITIME TREAT

Lobster best enjoyed in casual setting, chef says

For many Canadians, lobster is a dress-up, special-occasion food eaten at a fancy restaurant.

"But it should be the total opposite," says Alain Bosse, a.k.a. The Kilted Chef, of Pictou County, N.S.

"You should be dressing down and eating it at your picnic table."

The food consultant and "ambassador of all things culinary in Atlantic Canada" says the Maritimes "have the best lobster in the world."

"We have the most pristine water and because of our cold climate, our shells are harder and meatier. We end up with a good, hard-shelled quality lobster that's full of meat, versus a soft-shell lobster that's moulting," he says.

"And we sell more lobster than anywhere else in the world, Maine included."

The Halifax-based Lobster Council of Canada's executive director, Geoff Irvine, confirms Canada provides more than half the world's supply of live and processed hard-shell Atlantic



A little education takes the intimidation factor out of cooking lobster. iStock

lobster, with an export value last year of \$1.5 billion.

The industry is highly regulated, Irvine says.

The Atlantic Coast (there's no lobster on the West Coast) is divided into 41 "lobster fishery areas" (LFAs), each with its own "season" — a starting and finishing date. Fishers are licensed for specific areas. May and December are peak production times,

but at least one LFA is in operation in any given month.

These staggered seasons encourage sustainability but also protect summer moults. Lobsters shed their shells to grow and are at their best when the new shells have hardened and are full of meat.

About 40 per cent of the lobster catch is delivered live to customers and 60 per cent is

processed into "literally hundreds of products," Irvine says.

Despite accessibility to fresh lobster, Bosse still calls it a "wonderful treat." But that accessibility may explain a more casual approach to a lobster dinner in the Maritimes, including roadside "pounds" where the only accompaniments may be a paper plate and plastic utensils.

"Typically in Atlantic Canada,

we eat lobster cold, dipped in hot butter," he says. "And we always eat it either with french fries, potato salad or french bread."

Cooking tips

- If unfamiliar with the crustacean, a great way to start is to buy it — raw or cooked — already fully or partly removed from the shell. That eliminates the issues of dropping live lobsters into boiling water to cook and of wrestling the meat out of the full shell.

- Overcooking is probably the most common mistake, Bosse says. A 625-gram (1.25-pound) raw lobster "takes about 12 minutes in boiling water or steamed and you only add a minute per quarter-pound (125 g). A lobster tail, stuffed with butter and baked in the oven, takes six or eight minutes at 350 or 400 F (180 or 200 C)."

- Lobster meat is cooked "when it starts to become opaque — a nice white colour." For whole lobster, if you pull the tentacle and it releases fairly easily, the lobster's cooked.

THE CANADIAN PRESS

HEALTH-WISE

Hard-shell lobster has fewer than 100 calories per 100-gram serving, with 89 per cent of calories from protein. It's low in fat and carbohydrates, has virtually no saturated fats and is a good source of vitamins and minerals.

WINE

Chard helps seafood sing

LIQUID ASSETS

Peter Rockwell

@therealwineguy



When I began my journey down the long and winding wine road, meeting winemakers face-to-face was the only way, with no Internet, to get an insider's peek under a winery's tent.

A recent tasting with Margo Van Staaveren, the longtime winemaker at California's Chateau St Jean, reminded me that it's still hard to beat that kind of interaction.

Founded in 1973, St Jean has been a Golden State pioneer when it comes to wines produced from specific vineyards.

While Van Staaveren creates plenty of liquid magic from those individual plots, her straightforward Chateau St Jean 2012 Sonoma County Chardonnay (\$18.95-\$19.99) represents her efforts equally as well.

Like me, she's an unabashed Chardonnay fan and the soft, tropical fruit and balanced, buttery oak influence in this chard tastes as good on its own as it does with rich seafood and dishes dominated by springtime veggies. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



SEASONAL

Go on, spring a leek

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



One of the first greens to pop up in the spring are wild leeks. Foraging for food is a hipster renewal of ancient skills and I like the reinforcement of the idea that food comes from the earth, not the grocer.

Head to forested areas where trees have dropped their leaves to a brown and thawed ground. For about three to four weeks after the frost has passed the only thing green will be clusters of dagger-like leaves about three inches tall and solid green with a red and white stem. Pull one or two to find a white bulb that smells distinctly like onion and you have hit pay dirt! Don't overharvest; leave half of each cluster to proliferate next season.

OK, so you don't want to forage but you do want to find leeks at the grocery store. The commercial variety has a thick, hardy

stalk of stacked circular layers. The pale part is edible but the tops are too tough and can only be used in making stock.

Leeks have a milder, sweeter taste than onion and a much prettier presentation. Nutritionally, they are about the same with the exception that leeks have slightly less sugar and much more Vitamin A.

Some creative ways to use leeks, beyond the traditional leek and potato soup, include:

- Sauté an entire pan in butter and freeze in ice cube trays.
- Spread onto warm baguette and top with goat's cheese.

- Use as a base for quick sauces or soups.
- Blend with herbs and Greek yogurt for a great dip.
- Slice lengthwise and rinse well. Store in vinegar with salt in glass jars in the fridge for 24 hours to "pickle". Serve with sandwiches and keep refrigerated for up to two weeks. THERESA IS

AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD.



AWARDS

Oola named best food website by Webby's

Food lovers on the lookout for new online content to consume may want to look towards the winners of the Webby Awards, which this year crowned Oola the best food and drink-related website on the Internet.

With the tagline "Feed Your Inner Foodie," Oola is designed as a comprehensive one-stop shop that includes recipes, feature articles, cooking tips and restaurant recommendations.

In 11 Tasty Twists on Mac and Cheese, the comfort food is stuffed in meatballs, mixed in pancake batter, sandwiched between slices of bread, topped on pizza dough and burgers,

and scrambled with eggs.

Operated by Gateway Media out of St. Louis, Mo., the site could be described as a more pared-down, consumer-oriented version of Serious Eats and The Daily Meal, and a more contemporary version of Epicurious.com, this year's recipient of the People's Voice award.

In the mobile category for food and drink, Distiller, a specialized site for whiskey lovers, took the top award, while Chefs Feed, which provides restaurant recommendations written by major chef names such as Mario Batali and David Chang, took the People's Voice award. AFP



Oola is designed as a one-stop shop for foodies. OOLA.COM/AFP

IN BRIEF

UberEATS expands

UberEATS, from the fast-growing yet controversial taxi app, is now serving Chicago and New York City, Uber announced on Tuesday.

The on-demand meal service promises to get clients the best meals from the top local restaurants in under 10 minutes. Items will typically be between \$9 and \$13, in addition to a \$4 delivery charge, to select city locations during lunchtime. AFP

Repeat winners abound at James Beard Awards

Anthony Bourdain, Ina Garten and Martha Stewart remain the names to beat in food broadcasting.

The three dominated the top tier of television awards from the James Beard Foundation, winning for the same shows in the same categories as in 2014: Bourdain for best on-location program (The Mind of a Chef); Garten for outstanding host (Barefoot Contessa); and Stewart for in-studio program (Martha Stewart's Cooking School). THE ASSOCIATED PRESS

For Obama, Abe, fusion food with Hawaiian twist

Japanese Prime Minister Shinzo Abe's visit to the White House on Tuesday left some time for haute cuisine.

At a state dinner Abe, President Barack Obama and hundreds of guests tucked into food that links Japan and the U.S., with a touch of influence from Obama's home state of Hawaii.

Courses included guest chef Masaharu Morimoto's Toro Tartare and Caesar Sashimi Salad and roasted American wagyu beef with spring vegetables. For dessert, the American-style cheesecake got a spin with silken tofu and soy milk. AFP



Desserts for the Japanese State Dinner SAUL LOEB/AFP



Evoque's beauty beyond skin deep



REVIEW

Range Rover has compact crossover covered



Mike Goetz
Metro | Canada

The world domination of SUVs and crossovers has progressed through their unstoppable combination of AWD power-

trains for all-weather and off-road prowess, a commanding tall-in-the-saddle driving experience, and doors and liftgates that open up to big interiors and cargo areas.

Looks are secondary. Which makes the Range Rover Evoque, first introduced in 2012, so bloody interesting: It's a crossover that trades on its looks.

And it's not just fantastic looking for a crossover. It looks great, period. Our tester was a Dynamic, the Evoque's highest trim level, so was further bolstered in the looks department with 20-inch wheels, and more aggressive bumpers, tailpipes, and grille. It was also rendered in an awesome metallic shade of Orkney Grey. When I drove the beast to Detroit, it actually got a thumbs-up from the U.S. border guard. Normally I just get a scowl.

The price to be paid for the sloping roofline at the rear, and smallish rear side-glass, is poor rearward visibility, and a rear seating area that is a bit claustrophobic and short on headroom. Evoque is also a "compact" crossover. It's shorter than a Ford Escape. So the cargo area is predictably tight, too.

Up front in the driver's cockpit, however, you are oblivious to such trifling things.

Everything that touches

your body is luxurious, and everything in sight is "high style." I particularly like the rotary gear selector that rises slowly up from the console after the vehicle starts — very James Bond-ish — and the way the big infotainment screen is smoothly integrated in the dash. It doesn't look like an add-on as it does in lesser vehicles. The touchscreen itself, however, is a bit slow to respond, which wouldn't be so irritating if you didn't need it for so many regular functions, like changing radio stations and adjusting seat-warmer settings.

Once under the power of its Ford-sourced 2.0-litre turbocharged "four," it's evident Evoque is designed for spirited driving.

Land Rover made sure Evoque was especially light for its size, and the new torque vectoring system, called ActiveDriveline 4WD, means you can attack corners more quickly than you would otherwise.

The ride is also quite firm. It gets even firmer with the low-profile tires on this Dynamic model.

Small and agile, the Evoque is effortlessly propelled by its 240-hp engine. The only glitch is a tendency to give you too much power, when you first dip into the throttle.

THE CHECKLIST | 2015 RANGE ROVER EVOQUE

THE BASICS

Type. Five-door, AWD, compact, luxury crossover

Engine (hp). 2.0-litre, inline, turbocharged four-cylinder (240)

Transmissions. Nine-speed automatic

Price. \$49,270/\$75,525

POINTS

- Lots of Ford-based engineering, as this current-generation Evoque (debuting in 2012) was conceived during the period when Ford owned Land Rover.
- Major mid-cycle update coming for model-year 2016 edition, landing later this year.



COOL FEATURES

- New nine-speed automatic transmission added for model-year 2015.
- Optional 360-degree camera and self-parking systems.
- InControl allows some apps to look the same on the touchscreen as they do on your smartphone.

MARKET POSITION

- Evoque's twin is the new Discovery Sport (previously known as Land Rover LR2).
- Lightest and most fuel-efficient Range Rover ever produced.
- As all Range Rovers, Evoque is very capable off-road, and not just a pretty thing.

THE COMPETITION



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+ AUTO NEWS STUDENTS DEVELOP SYSTEM TO PUT BRAKES ON DRUNK DRIVING



The team adjusts a concept model of AlcoStop. AFP

AlcoStop uses sensors in seats, steering wheel

If you've been drinking, you may not get far with AlcoStop, the automotive safety system designed by a group of students at the Institute of Technology of Cintalapa in Mexico. Unlike other devices of its kind, it doesn't require puffing into a breathalyzer device. Instead, sensors inlaid in the seat, shift lever and steering wheel — all ca-

pable of detecting the blood alcohol level of the person holding it — will disable the car if required. The system includes a GPS tracking unit that allows for real-time monitoring of the car's location should the would-be driver be too confused to explain where he or she is. In case the car is disabled, an accompanying application alerts family or friends to go and pick up the driver. AFP



The new Lincoln Continental seats. JIL MCINTOSH/FOR METRO

Lincoln crafts new ways to sit

DESIGN

Seats in new sedan to be adjustable 30 ways

Jil McIntosh
For Metro

Is it possible to have too many choices? Lincoln doesn't think so, at least when it comes to seats: Those in its upcoming new Continental luxury sedan will be adjustable 30 different ways.

"We didn't set out to make 30 ways and say that's what it needed," says Scott Tobin, director of Lincoln product development. "But we started with an anthropometric study, and saw what support is needed to reduce fatigue while driving, and encourage circulation and comfort."

A lot goes into developing any new seat, primarily because so much is required of it. It has to fit a wide variety of body shapes and heights; it has to be comfortable, but not so squishy that it isn't supportive; it may have to accommodate electric adjustment motors and heating elements, if the car is so equipped; and it has to meet federally mandated standards for occupant safety in a crash. And on top of all of that, automakers have to try to make it as light as possible, because extra weight will affect fuel economy.

The Continental will be Lincoln's most luxurious model, and while the company has only shown a concept version so far, the seats

are expected to stay virtually the same in the production model. The designers started with a metal frame and foam as with most seats, but the foam in this one is supported by a layer of polymer plastic.

"These have a different, more revolutionary support system that can flex with your body," Tobin says. "They're almost like a leaf spring, and they support the foam that supports the body. It's about keeping the lower back stable and solid, and then you can adjust for the upper back."

Bolsters on the sides of the seat help to keep the occupants in place, but unlike the solid foam bolsters that other manufacturers use, this Lincoln uses air-filled ones. They deflate when the door is opened, making it easier to slide in and out of the seat, but then pump back up again to provide support.

Perhaps the seat's most important innovation is its thigh support. Many vehicles have these, which slide forward or lift up from the seat to support the back of the knee, but Lincoln's are unique in that the support is split in half, and each side can be individually adjusted. The driver's legs are always at different positions, since one leg must work the throttle and brake, and these individual supports can handle any angle.

"We all naturally splay (our legs) when we sit, and the knee falls out," Tobin says. "You have to think about that. We're all different heights, and these cushion lengths need to be different because (otherwise) you can tweak your back after all day in the car."

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THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

Games to tout fuel-cell cars



ENERGY

Japan pushing hydrogen tech

Japan will leverage its hosting of the 2020 Summer Olympics to promote hydrogen fuel-cell cars, which convert hydrogen to electricity for propulsion. Tokyo will spend \$385 million on fuel-cell subsidies and hydrogen fuelling stations ahead of the Games to advance the use of hydrogen as an energy source, reported Green Car Reports. Japan's capital city will get 35 hydrogen fuelling stations ahead of the Olympics, and is negotiating with Honda and Toyota to get 6,000 hydrogen cars on its roads by then. For instance, the Toyota Mirai hydrogen car (left) has just gone into production in Japan. More than 80 per cent of the cost of the stations will be provided by the city; Tokyo-area residents are eligible for up to \$8,500 in subsidies for fuel-cell cars on top of the \$17,000 offered by the government.

TEXT AND IMAGES BY WHEELBASE MEDIA

ELECTRIC VEHICLES

Is less more for VW e-Golf?

Volkswagen has produced a less expensive trim level for its e-Golf electric car in the U.S., bringing its suggested retail price down by almost \$2,000, to \$34,270. The new e-Golf Limited Edition's plug-in electric drivetrain is identical to the one in the more generously equipped SEL Premium edition at \$36,265. The e-Golf uses a 24.2-kilowatt-hour lithium-ion battery that powers a 115-horsepower electric motor.



+ SALES

CNG pickup purchases expected to ... pick up

Fiat Chrysler will expand the availability of compressed natural gas for its Ram pickup, Automotive News reported. The CNG-fuelled truck, available to fleet operators only as a four-door crew cab, four-wheel-drive long-bed model, will this fall be offered in a regular-cab two-door body style with two-wheel drive and a long bed. The new Ram CNG should boost sales to fleet buyers looking for a smaller, less expensive CNG truck.

HYBRIDS

Mercedes-Benz shows V-ision

Mercedes-Benz has unveiled a new minivan that emerging-technology magazine Gizmag says might be the future of hybrid drive technology. The Concept V-ision E plug-in hybrid uses technology to deliver "tremendously robust" propulsion. Its four-cylinder gasoline engine and electric motor deliver 333 horsepower and 442 pound-feet of torque.














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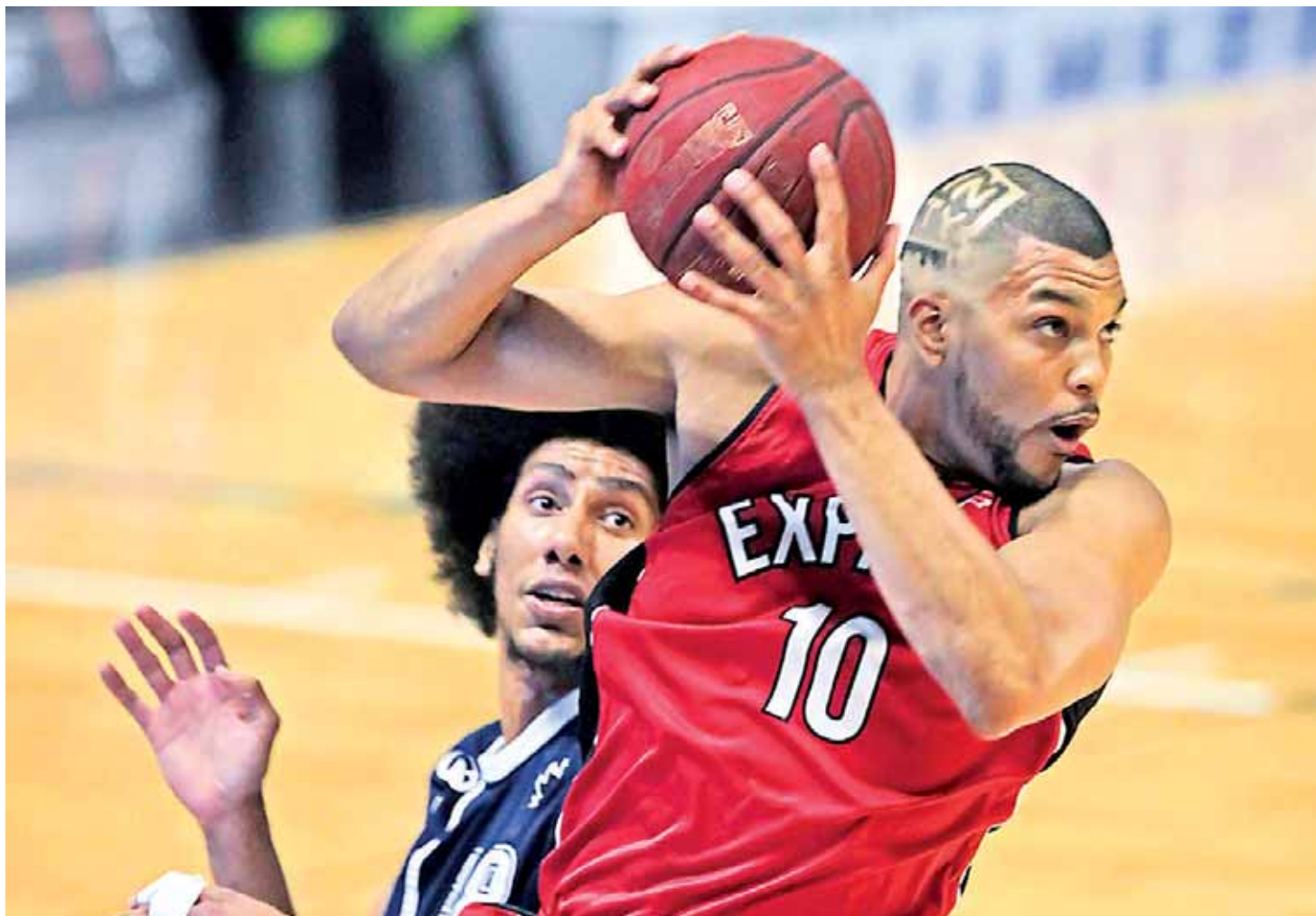
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THE DEALS ARE GREAT AT EXIT 8!



Windsor Express forward Kevin Loiselle picks off a pass intended for Halifax Rainmen forward Kevin Young during Game 6 of the NBL Canada championship series on Tuesday night in Windsor. NICK BRANCACCIO/THE WINDSOR STAR

Rainmen pushed to Game 7

NBL CANADA

Express hold on for win and extend series to its limit



Kristen Lipscombe
Metro|Halifax

The Halifax Rainmen dropped the ball Tuesday night.

After a strong start to Game 6, including a 12-point lead at halftime, the Rainmen fell apart in the third and fourth quarters, while the Windsor Express picked up enough steam to steal the 119-112 win on home court the WFCU

GAME 6 In Windsor

119 EXPRESS
112 RAINMEN

Centre.

The Windsor victory ties up the National Basketball League of Canada championship series at three wins for both squads, forcing a seventh and final game in the same venue Thursday night.

"It was a good game," Rainmen owner and president Andre Levingston said shortly after his team's tough loss. "It was everything you want in a championship series."

"It was physical, both teams

(have) got good players, and we knew it was probably going to come down to Game 7. All in all, the fans in both cities are getting their money's worth."

The NBL Canada finals have been back and forth from Game 1, which Windsor won at home 113-104 on April 15. Halifax came back to defeat the defending league champions 100-93 on April 17, before the series moved halfway across the country to the Scotiabank Centre for three straight games.

The Rainmen dominated

100-70 on April 23, while the Express earned the 109-105 edge the following night. Halifax claimed the series lead with a 125-91 victory this past Sunday, and could have claimed its first-ever NBL Canada title on Tuesday.

But that was not to be.

Windsor was able to even the score at 85-apiece heading into the final 12 minutes, and while a three-pointer from point guard Cliff Clinkscales put Halifax briefly ahead 88-85, from that point on the Express controlled the court.

By the time Windsor for-

ward Kirk Williams Jr. sunk a shot of his own from beyond the arc, it was 99-93 for the Express, who held onto the lead through the final minutes of play.

Japanese point guard Seiya Ando led the Rainmen with 27 points, while centre Liam McMorrow contributed 20 points and 11 rebounds. Forward Quinzel Brown, put up an impressive 30 points for the Express, while shooting guard Jamaricus Ellis pulled down nine rebounds.

This year's final battle for NBL Canada bragging rights tips off Thursday at 8 p.m. AT.

"It's a tough series," Levingston said, "and I don't think it will be anything different in the final game."

QMJHL

Islanders fire head coach Dwyer

The Charlottetown Islanders have fired the longest-serving head coach in franchise history.

Second-year general manager Grant Sonier announced Monday night that Gordie Dwyer had been fired after four years in the position.

"After a two-year examination of the direction of our hockey club, I felt it was the right time to go in a new direction," Sonier said.

"In order for us to meet the expectations, and to get the optimal amount out of the players that we have in place coming back ... it's going to require a new face, a new voice, a new direction and new leadership."

Dwyer went 116-133-9-14 in four seasons as the team's bench boss. Charlottetown went 35-28-1-4 this past season and then defeated the Sherbrooke Phoenix to advance to the second round of the playoffs for the first time since 2004. The Quebec Remparts swept Charlottetown in the second round.

"We really appreciated the hard work that Gordie put in," Sonier said. "This decision is a difficult one."

Dwyer, a 37-year-old Dalhousie, N.B., native, took over the then-P.E.I. Rocket in May 2011. He previously led the Summerside Western Capitals of the Maritime Junior A Hockey League.

THE CHARLOTTETOWN GUARDIAN



Gordie Dwyer spent four years as the Islanders' head coach.

THE CHARLOTTETOWN GUARDIAN

IN BRIEF

UFC's Jones faces hit-and-run felony charge

UFC light heavyweight champion Jon (Bones) Jones has made his first court appearance in connection with a hit-and-run that police say left a pregnant woman with a broken arm.

Jones appeared in an Albuquerque, N.M., court with his lawyer Tuesday and left without speaking to reporters. He is facing a felony charge of leaving the scene of an accident involving death or personal injuries.

Jones was released Monday on a \$2,500 bond.

THE ASSOCIATED PRESS

Rockets move past Mavs

James Harden scored 28 points, Terrence Jones had 10 of his 15 in the fourth quarter, and the Houston Rockets beat the Dallas Mavericks 103-94 on Tuesday night for their first playoff series win since 2009.

Houston won the Western Conference series 4-1 to advance to face the winner of the Clippers-Spurs series in the second round.

The Rockets bounced back from a lacklustre performance in a 121-109 loss in Game 4 to head to the West semifinals for the first time since Yao Ming starred for Houston.

THE ASSOCIATED PRESS

Camden closes its doors

BALTIMORE

Weekend series between Orioles, Rays shifts to Tampa

After two postponements caused by rioting in Baltimore, the Orioles and Chicago White Sox will play Wednesday at Camden Yards in what is believed to be the first game in major-league baseball's 145-season history without fans in the seats.

Because of the unsettled environment in Baltimore, where rioters burned a drug store and set police cars ablaze on Monday night, officials moved the game up five hours from its original 7:05 p.m. starting time and closed it to the public.

In addition, Baltimore's Friday-to-Sunday series against Tampa Bay was shifted from Camden Yards to Tropicana Field in St. Petersburg, Fla., with Baltimore remaining the home team and batting last.

"It's all about what's best for the city and the safety of our people," Orioles manager Buck Showalter said in a telephone interview with The Associated Press. "The last thing you want to do is put the fans in harm's way. You have to err on the side of safety."

Looting and rock- and bottle-throwing by rioters broke



Police stand guard outside Oriole Park at Camden Yards on Monday in Baltimore.

GREG FIUME/GETTY IMAGES

746

Since 1987, the lowest attendance for a game has been 746 when the White Sox hosted the Blue Jays at Comiskey Park on April 9, 1997, according to STATS.

out Monday just hours after the funeral of Freddie Gray, a 25-year-old man who suffered a fatal spinal cord injury while in police custody.

Schools were closed Tuesday and the mayor imposed a 10 p.m.-to-5 a.m. curfew. The announcement of the unique closed-doors game came late Tuesday afternoon, after the

Orioles postponed games against Chicago on Monday and Tuesday.

"We were just trying to respond to the wishes of the public officials and protect the integrity of the schedule," Dan Duquette, the Orioles executive vice-president of baseball operations, said in a phone interview.

THE ASSOCIATED PRESS

PERSPECTIVE

Orioles COO John Angleo unleashed a series of Tweets Saturday night in defence of those protesting in Baltimore. Here is an excerpt of those Tweets condensed for clarity:

"The innocent working families of all backgrounds whose lives and dreams have been cut short by excessive violence, surveillance, and other abuses of the bill of rights by government pay the true price, an ultimate price, and one that far exceeds the importance of any kids' game played tonight, or ever, at Camden Yards. We need to keep in mind people are suffering and dying around the US and while we are thankful no one was injured at Camden Yards, there is a far bigger picture for poor Americans in Baltimore and everywhere who don't have jobs and are losing economic civil and legal rights and this makes inconvenience at a ball game irrelevant in light of the needless suffering government is inflicting upon ordinary Americans."



Floyd Mayweather Jr., left, and Manny Pacquiao go toe-to-toe on Saturday night. STEPHEN DUNN/GETTY IMAGES

MAYWEATHER-PACQUIAO

Superfight reserved for highest of rollers

Tickets are at such a premium to see Floyd Mayweather Jr. and Manny Pacquiao's long-awaited matchup that all of those seated at ringside will be the recognizable, the rich — and the very lucky.

There should be no lack of celebrities. TV cameras will likely find Mayweather's sidekick Justin Bieber, actor Jamie Foxx, who will sing the national anthem, and other artists in town for

appearances at Vegas nightclubs — including Jay-Z, Snoop Dogg and Nicki Minaj.

But even in Las Vegas where VIPs and high-rolling gamblers, the "whales" as they're often called, are routinely "comped" with free hotel rooms and tickets, don't assume most of the

16,800 or so ticket-holders got a free ride.

\$10K

The face value of ringside seats was set at \$10,000.

The fight will be one of the most exclusive boxing events the destination has ever hosted. Only 500 tickets were offered to the public, and they sold in seconds.

Even two U.S. senators who had their boxing fan hearts set on seeing

the matchup won't be ringside.

Sen. Harry Reid, D-Nevada, a former boxer who reportedly helped nudge negotiations for the fight along when a dispute about ticket distribution issues threatened the event, is going to watch from Washington.

Sen. John McCain, R-Arizona, an ardent fight fan who would have loved to go, will be watching from afar.

THE ASSOCIATED PRESS

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RECIPE Mushroom Barley Burgers

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman



Ready in

Prep time: 15 minutes
Cook time: 36 minutes
Serving size: 4

Ingredients

- Burgers
- 2 cups vegetable stock (or water)
 - 1/2 cup pearl barley
 - 4 tsp vegetable oil
 - 1 cup diced onion
 - 1/2 cup diced carrots
 - 2 cups diced mushrooms (any variety)
 - 3/4 cup seasoned dry breadcrumbs
 - 1 egg
 - 1 1/2 tsp crushed garlic
 - 1 tsp hot chili sauce or to taste
 - 1/3 cup chopped cilantro
 - 1 tsp low-sodium soy sauce
 - pinch of salt and pepper

Tahini sauce

- 1 Tbsp tahini (sesame seed paste)
- 1 Tbsp light mayonnaise
- 1/4 cup low-fat plain yogurt
- 1/2 tsp crushed garlic
- 1 tsp low-sodium soy sauce
- 3 Tbsp chopped cilantro

Directions

1. Bring the stock and barley to a boil, cover and simmer for 30 minutes. Drain and set aside.
2. Meanwhile heat a large, non-stick skillet and add 2 tsp of the oil and the onion and sauté for 3 minutes. Add the carrots and sauté



for 3 minutes. Add the mushrooms and sauté for 8 minutes or until the vegetables are tender and no liquid remains.

3. Add the barley and vegetable mixture to the bowl of a food processor. Add the breadcrumbs, egg, garlic, chili sauce, cilantro, soy sauce and salt and pepper. Process just until still slightly coarse. Form the mixture into 4 burgers.

4. Lightly coat a large, nonstick skillet with cooking spray and the remaining oil, then cook burgers for 3 minutes per side.

5. To make the sauce, whisk the tahini, mayonnaise, yogurt, garlic, soy sauce and cilantro together in a small bowl and serve with the burgers.

Nutrition information per serving

- Calories 322
- Protein 10 g
- Carbohydrates 46 g
- Fibre 6.5 g
- Total fat 11 g
- Saturated fat 1.8 g
- Cholesterol 55 mg
- Sodium 490 mg

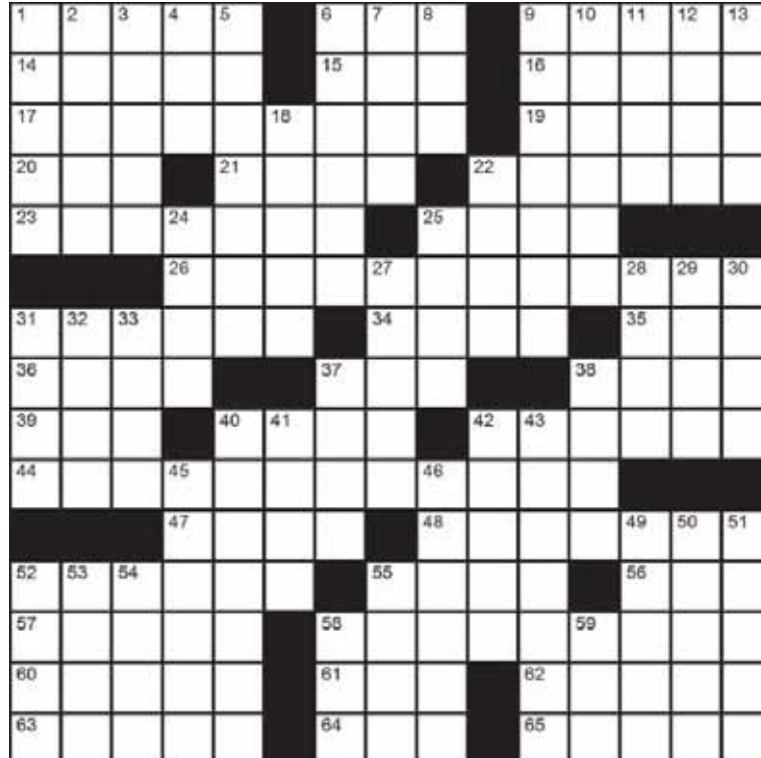
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Who made this mess?" response: 2 wds.
6. Jimmy
9. Sandwich sorts
14. Pungent
15. Ms. Michele
16. Spooky
17. Cape Breton community famed for its hooked rug artistry
19. Heroic poems
20. Charlemagne's domain [acronym]
21. Not that
22. Lauds
23. ___ headache
25. Foe of the Allies in WWII
26. 'The ___ Province' (Nickname for Manitoba because of its early shape and small size)
31. Bring into harmony
34. Light fog
35. Toronto Maple Leafs centre Mr. Komarov
36. Mr. Penn
37. German article
38. Scottish family
39. Apiece
40. Big bits
42. Keenness
44. Smouldering stretch seen from Franklin Bay in the Northwest Territories: 2 wds.
47. Mr. Andreoff, LA Kings player born in



- Pickering, ON
48. Cinderella's is glass
52. Non-printed fabrics
55. Black-thorn fruit
56. Leandro's beloved
57. Awry
58. Canadian singer

- of current tune "Sound of Your Heart": 2 wds.
60. Brief movie role
61. Particle
62. Uptight
63. Bouillon/soup mix brand
64. Curtains holder

65. British singer Leo
- DOWN
1. Night: German
2. Earthy pigment
3. Wooden
4. "Good Will Hunting" (1997) univ.
5. Version

6. Grievance
7. Sleep stages, commonly
8. Sharp bark
9. Arcade Fire song that goes "They walk in the room / And stare right through you...": 2 wds.
10. Meal

11. Seed covering
12. Ancient Scot
13. Meeting [abbr.]
18. Selected
22. Married-no-mores
24. Twirled
25. Opposin'
27. "Witness" (1985) folk
28. Josh Groban/Kelly Clarkson duet: "___ Ask of You"
29. Vegan's no-no
30. Baby horse
31. Some snakes
32. Abound
33. Tropical tuber
37. Irritable
38. Crescent moon point
40. 'City of Roses' in Ontario
41. Conjunctions
42. Permit
43. Entrepreneur's customers
45. Sandwich roll
46. Cape Breton ___
49. Spring flower
50. Jagged
51. "Today" weatherman Al
52. Large bag
53. Sultanate of the Arabian Peninsula
54. Celeb's ride
55. "Begone!"
58. Aristocratic title
59. "Isn't ___ bit like...": Beatles, "Nowhere Man"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Opportunities to better yourself won't be hard to find over the next few days, so stay alert and be ready to act when you get the chance. Nothing is impossible if you want it enough.

Taurus April 21 - May 21
Let your mind roam where it will over the next 24 hours. Give yourself permission to dream. The dreams you have may seem far-fetched to some but chances are it won't be long before they are no longer dreams but realities.

Gemini May 22 - June 21
You may not be happy with some of the changes taking place at the moment but your instincts tell you that you will benefit from them in some way, so keep your doubts to yourself and don't make waves.

Cancer June 22 - July 23
You don't lack for ideas or the confidence to use them but you should nevertheless keep them to yourself for a bit. The planets warn this is not a good time to share what you know.

Leo July 24 - Aug. 23
If your everyday routine has become a bit too predictable now is the time to do something about it. There will be some serious upheavals in the working pattern of your life over the next few days. Take full advantage of them.

Virgo Aug. 24 - Sept. 23
Is it really possible that so many good things are happening and that so much is going your way at the moment? Yes, of course it is, and they will continue to go your way so long as you believe that you deserve it.

Libra Sept. 24 - Oct. 23
Relationships of all kinds are under favourable stars right now, so even if there have been a few harsh words of late you can, if you wish, patch things up and be friends again.

Scorpio Oct. 24 - Nov. 22
Do something special over the next 24 hours, something that those who see it never forget. That might not be as easy as it sounds, seeing as you have done so many special things in the past, but you'll think of something!

Sagittarius Nov. 23 - Dec. 21
You will work extremely hard today and for the rest of the week, not for cash or fame but because you want to prove that a goal you set yourself a while back is possible to reach. If you gain in other ways too - that's a bonus.

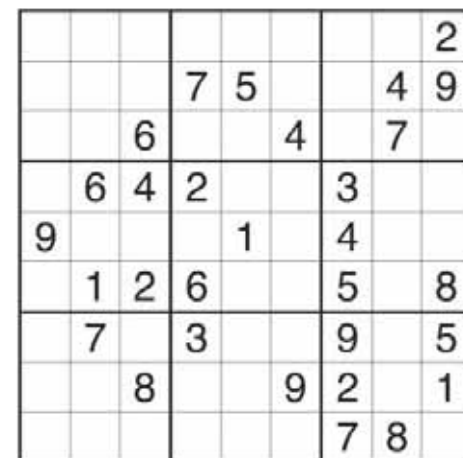
Capricorn Dec. 22 - Jan. 20
The cosmic powers that be are very much on your side at the moment. What does that mean in practical terms? It means you can and you should do something memorable.

Aquarius Jan. 21 - Feb. 19
Your thoughts may be mainly on your work at the moment but you must not neglect matters closer to home. Cosmic activity in the domestic area of your chart means you must make time for those you love.

Pisces Feb. 20 - March 20
Travel and social activities are under excellent stars right now, so don't sit at home thinking about what amazing things might be going on some place else - find out for yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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